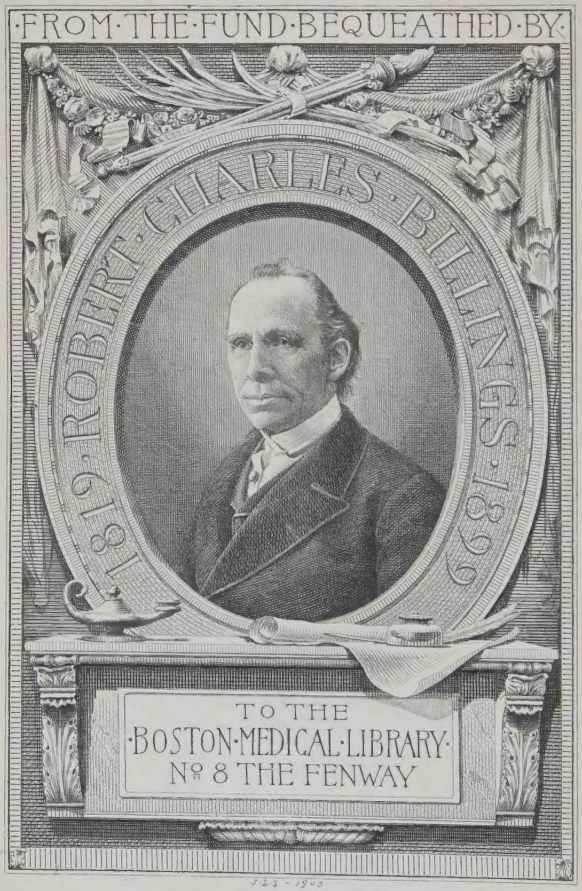
COUNTWAY LIBRARY
HC 4XZ7 M

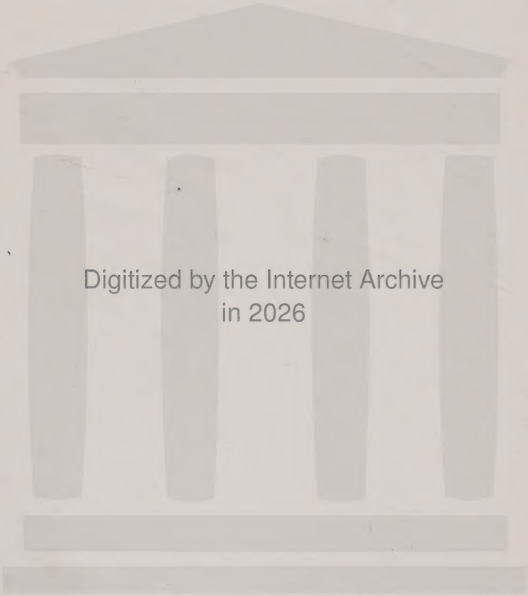
MATERNITY WITHOUT SUFFERING

BY

MRS. EMMA F. ANGELL DRAKE, M.D.

25.A.474.


FROM THE FUND BEQUEATHED BY
1819 ROBERT CHARLES BILLINGS 1879
TO THE
BOSTON MEDICAL LIBRARY
Nº 8 THE FENWAY



Digitized by the Internet Archive
in 2026

https://archive.org/details/maternitywithout0000emma

OFFICES OF PUBLICATION

IN THE UNITED STATES

THE VIR PUBLISHING COMPANY

1601 REAL ESTATE TRUST BUILDING

PHILADELPHIA, PA

IN ENGLAND

THE VIR PUBLISHING COMPANY

7 IMPERIAL ARCADE, LUDGATE CIRCUS

LONDON, E. C.

Price, 4s.

IN CANADA

WILLIAM BRIGGS

29–33 RICHMOND STREET WEST

TORONTO, ONTARIO

EMMA F. ANGELL DRAKE, M.D.

CAT.

Price 50c. Net.
4s. Net.

MATERNITY
Without Suffering

These chapters do not promise to free the hour of maternity from all pain, but they do make suggestions which will prevent much suffering.

—BY—

Mrs. Emma F. Angell Drake, M. D.

Author of "What A Young Wife Ought to Know" ($1000 Prize Book), and "What A Woman of Forty-five Ought to Know."

Graduate of Boston University Medical College; formerly Physician and Principal of Mr. Moody's School at Northfield, Mass.; Professor of Obstetrics at Denver Homeopathic Medical School and Hospital.

PHILADELPHIA, PA.: 1134 REAL ESTATE TRUST BUILDING

THE VIR PUBLISHING COMPANY

LONDON: IMPERIAL ARCADE, LUDGATE CIRCUS, E. C.

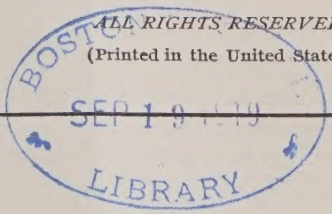
TORONTO: WM. BRIGGS, 33 RICHMOND STREET, WEST

17278 Bi

Copyright, 1902, by SYLVANUS STALL.

Entered at Stationers' Hall, London, England.
Protected by International copyright in Great Britain and all her colonies, and, under the provisions of the Berne Convention, in Belgium, France, Germany, Italy, Spain, Switzerland, Tunis, Hayti, Luxembourg, Monaco, Norway, and Japan.

ALL RIGHTS RESERVED.
(Printed in the United States).



DEDICATED

TO THE WIVES WHO EXALT
MOTHERHOOD, AND WHO SEE IN ITS
GREAT PRIVILEGES AND HIGH DUTIES
INFINITE POSSIBILITIES FOR
FUTURE GENERATIONS

Contents

CHAPTER I

HEALTHFULNESS OF CHILD-BEARING

A wrong notion about child-bearing corrected—Dangerous subterfuges—Contrast between willing and unwilling mothers—Ennobling maternity - - 13

CHAPTER II

CAUSES OF PAINFUL PARTURITION

A deploring condition—The reasons for painful parturition—Things that the wife should remember—Suggestions for proper exercise—Errors in diet—A proper regimen—A contributing cause to pain - 19

CHAPTER III

IS PAINLESS PARTURITION POSSIBLE?

Rational methods for alleviating suffering—Opinions of scientists and physicians—Reasons why some women have painless child-bearing—The author's experience as a physician—The conditions necessary for painless maternity—Possibilities of joyful motherhood - - - - - - - 26

CHAPTER IV

DANGER OF EXTREME METHODS IN PREGNANCY

The naturalness of child-bearing—Effects of bad advisers—Childbirth not sickness—Contributing factors of antenatal infanticide—Nothing to dread in normal childbirth—Extreme methods not necessary – – – – – – – – – – 37

CHAPTER V

THE CRIME OF PRENATAL MURDER

Prenatal murder defined—The enormity of the sin—The day of reckoning—Words of warning—The mother's accomplice—How often to have children—Dangerous practices—The necessity of knowledge, 46

CHAPTER VI

STATE OF MIND DURING PREGNANCY

Importance of a proper state of mind—How to make one's life noble—The first steps in meddlesome midwifery—The high plane of motherhood—An example of a true mother – – – – – 54

CHAPTER VII

PREPARATION FOR MOTHERHOOD

The necessary preparation—Exercise to be zealously sought—Assuming home duties—Learning the mystery of domestic science—The best exercise—Some aids to physical development—Dress during pregnancy—The how and when to bathe—Care of the breasts and abdomen—Choice of the physician and nurse—The husband's part – – – – 61

CHAPTER VIII

AILMENTS OF PREGNANCY

Troublesome ills—How to avoid morning sickness—Heartburn and how to cure it—Constipation—The prevention and treatment of piles—Other ills—Causes of nervous apprehension—Other mental conditions—Birthmarks—Threatened miscarriage – 75

CHAPTER IX

HEREDITY, PREDISPOSITION AND ENVIRONMENT

The law of heredity defined—The mother's influence on the destiny of the child—A profitable study—What a mother can do for her children—Reasons why later children are stronger and brighter – 84

CHAPTER X

THE LYING IN CHAMBER

The furnishings of the room—The preparation of the bed—The mother's dress—The articles necessary—After the advent of the baby—The necessity of knowledge at this time—The disturbing things – 93

CHAPTER XI

SIGNS OF PREGNANCY AND THE BIRTH

The rational or presumptive signs—The time in reckoning—The duration of pregnancy—Some exceptional cases—A promise to be claimed—The disturbing stage of labor—Valuable suggestions—Directions for the nurse—Propriety of anæsthetics – 100

CHAPTER XII

BABY'S WARDROBE

Appalling extravagance rebuked—Fine clothes not necessary—The requisite articles enumerated—Directions for their making—Things to be remembered - - - - - - - - - 110

CHAPTER XIII

WHAT SHALL I DO FOR THE BABY?

Baby's first trunk—The first toilet—Dressing the baby for the first time—Ensuring a night's rest—The baby's cradle—Regulating hours of eating and sleeping—The proper kind of food - - - 118

Introduction

Is THERE a need for such books as this? This question is answered when we consider the multitude of young wives who come to wifehood and motherhood wholly untaught, and who lament their ignorance. A fine illustration of this was witnessed in one of our best known higher institutions of learning. Several young women from the senior class, who expected to marry as soon as they were out of college, interviewed a loved and trusted teacher, and said to her: "Why are we not taught, among all the branches which occupy our time for four years, something which will fit us for the high responsibilities of wifehood and motherhood? Why are these things so neglected for studies that can never be of the practical value to us that knowledge along these lines would be? We are wholly unfit to enter upon the duties of married life because

we know nothing about them in a helpful, wise way."

The teacher responded: "I realize your situation exactly and deplore it, I can assure you. I have long believed that something definite and positive should be done to fit young men and young women for parenthood, and I believe the college is the place for it, since it is not taught at home, where it should *first* be taught. Let us go to the college physician and see what he thinks of it, and perhaps he will suggest a way out."

This they did, and the result was a carefully planned course of lectures to a voluntary class, and out of this has grown an established course in sexual physiology, which all are now expected to attend, in the higher classes. This is a long step and one which bodes well for our future generations. What we are longing to see is such a course in all our high schools and colleges throughout our broad land. While there is such ignorance, and while there is a cry for information from the young women who are so soon to be wives, there is great need of books along these neglected lines.

This is advanced information which should

follow much of a more elementary character, and which, we heartily believe, the schools will soon supply.

With this reason as an introduction, we send out our little book, trusting that it may fill a felt want, and teach some of the things that it is necessary to know to become intelligent mothers.

EMMA F. ANGELL DRAKE.

Denver, Colorado.
March, 1902.

BOSTON MEDICAL
SEP 19 1919
LIBRARY

Maternity Without Suffering

CHAPTER I

HEALTHFULNESS OF CHILD-BEARING

A NOTION has become prevalent that a woman in bearing children must necessarily give with each one some portion of her health and vigor, and in the end be depleted by so much. It is forgotten that woman, to be the perfect creature planned of God, must be the mother of children; and in the plan, ample provision has been made for all the demands upon her strength, that she may attain and retain all of physical, moral and spiritual power that goes to make up perfected womanhood, while she nourishes into being the little ones who shall call her mother.

To-day much of her strength is wasted in

doing that which is not worth while, and for the great realities of life, the emergencies which must be met, she has little left. Living naturally, and conserving her powers, she should gain something of strength and vigor with each little one she gives birth to. Those who have observed carefully the results of child-bearing have confirmed by statistical data the truth that the probability of long life is increased by the recurrence of pregnancy; and, further, that the child-bearing period is one of increased health, if nature be not tampered with and violated.

Again it has been proven that, all other things being equal, married women who bear children, unmolested, live longer than single women. As an old writer has put it, "Marriage and maternity may be regarded as among the covenants of nature, and this is demonstrated by the greater health and longevity of those who keep the covenant inviolate."

Pregnancy, when considered in its true light, is but a modified condition of the system, and not a diseased condition. Whenever disease is present it must be regarded as a complication of pregnancy, and not a natural sequence.

At the bottom of many cases of pre-natal

infanticide, we believe, might be found this fallacious notion, that child-bearing is unhealthful and so the dangerous subterfuge is resorted to, namely, prevention, or abortion after conception has really taken place. Were it possible to discover the dwarfed souls and diseased bodies of mothers and children directly traceable to this unholy and unwomanly procedure, those who premeditate entering their ranks would stand appalled upon the threshold of daring and turn back, willing to take upon themselves the blessedness and comfort of large families of children, even though responsibility and care were involved, and drive them in their belated love for the little ones, nearer to the God of all power for their comfort and girding.

Compare the lives of two such women, one from each class.

The first is sickly in soul and body. The children whom she has reluctantly borne or that have perhaps been taken from her, trained by the nervous, broken-down mother, with her mind preoccupied and her temper soured, or well on the way toward it, they are no credit to their parents. And they, poor children, robbed of their birthright, a joyous welcome

and the best training possible, a sorry future is before them.

The second, a willing mother, she grows sweeter and more lovably womanful, as each little one is hugged to her heart. Her life is given to them and their highest training daily, and that means her own improvement and larger culture. With what delight she watches her children as they go out to homes of their own, and win distinction in the community, living out the training of their faithful parents. How can her declining years be other than joyous, when her children rise up to call her blessed, and her children's children gather around her?

Are the pictures too extreme, and is the shadow in the background of the one too deep, and the sunshine of the other too intense? No. The half has not, nor can be put upon the canvas. Study them carefully for yourself and you will see.

Do we call a rose-bush unhealthy when it buds and blossoms in its set seasons? No; but rather healthy. We rightly consider it only a cumberer of the ground, as did Christ the barren fig-tree, if it put out each year, "Nothing but leaves."

Everything in a true woman's physical nature tends toward maternity, and only with a wrench that does violence to her higher nature and physical well-being, can she tear herself away from it. With this true, following nature in her creation, how can child-bearing be other than healthful?

I know many of my readers will say to themselves, "Oh, but what of the women, worn and tired and dragged-out, who are compelled to bear a child, whether physically able or not, every eighteen months or less?" These are indeed to be pitied, for they are ignorant of the better way, and we must more and more give ourselves to enlightening such and making better their condition; but this can never be done by shirking maternity ourselves, but by ennobling it, and accepting its high responsibilities and unfolding its blessings with joyfulness.

Better far, physically as well as morally, to bear a child every two years happily, than to attempt to thwart nature once, by practicing the devices in child destruction which she fancies she has mastered, while at the same time she lives in bondage from month to month, lest the results she seeks fail her.

Remember that the mind has much to do with the physical condition, and the rebellion against large families is in the air. How then can we wonder that the body is broken down, when the mind is continually expecting it to be so. If the mind be at war with the natural functions of the body, how can the results be other than detrimental?

Again, the constant recurrence of menstruation, from month to month, from year to year, in those who bear no children, or but one or two, is without doubt a greater strain upon woman physically, than the bearing and rearing a reasonable number of children. Add to this the diversion from self, the entertainment, the youth-inviting inspiration which children give, as compared with the dolorous sameness of a woman's life when left to herself and her own amusement continually, and another factor of healthfulness is added to the already long list.

Looking toward marriage as coupled with motherhood and a family limited only by proper self-control in the marriage relation, is the only correct mental and moral attitude of the true woman and the true man.

CHAPTER II

CAUSES OF PAINFUL PARTURITION

We must acknowledge it to be a fact that the women in civilized countries suffer far more at childbirth, than women of heathen lands. It is hard to be believed that with our boasted civilization we have allowed such a much-to-be-deplored condition of things to become a fact.

What has brought about this state of things? we may well enquire. First, it is not a product alone of the present generation, but is the combined outgrowth of faults dating as far back as, perhaps mother Eve's day, and bearing a close relationship to her transgression. "Terrible," do you say? "that all women should suffer for the sin of one." Yes: but no more terrible than many other things that we cannot explain, and which bring not evil, but good to the human race. A beautiful truth, set right beside that which seems so terrible, is a greater thing, that the

nearer we get to the heart of God and understand His purposes for man, the less do we murmur at the results of the curse.

As the first cause of painful parturition we would put, the physical defects inherited from our ancestors; and right beside this we would place, written so large that all the world might read it, the truth that much of this inheritance can be shuffled off, by care and painstaking in the present generation. The second cause is errors in dress, which women from want of thought have fallen into. In no place does this little couplet,

> "Evil is wrought by want of tho't
> As much as by want of care,"

fit more aptly than here.

If you can induce a woman to listen to a wise teacher of physical culture upon the subject of dress and its evils, she is appalled at her unwisdom in that very common and necessary thing, dress. The chances are that she will, from the discomfort which the truth has given her, begin a reform which will work wonders for herself and cause her to aid in bringing about a general and healthy reformation in woman's wearing apparel. The day of better

things has already dawned, and the morning is sufficiently bright to predict an approaching noonday for the present generation of girls.

Among the greatest of the evils of dress must be placed the much discussed, and much, but not too much, berated corset. This instrument of torture is answerable for the unnatural figure, which promises suffering in proportion to the deformity wrought. The muscles which are directly concerned in delivery, and for maintaining vigor and naturalness of form, are weakened and rendered almost useless by the corset. A determined effort made by the woman, from the time when she discovers herself pregnant to the close, will in large measure reinvigorate these much abused muscles, and fit them for service when needed. But more will be said upon this subject in other chapters.

A third cause is found in the lack of proper exercise by those who are pregnant. A wrong notion obtains that it is highly improper for a woman with child, when her form begins to be noticeably large, to be seen in public; hence she shuts herself in and denies herself the exercise and change which she so much needs.

Let every pregnant woman in wedlock remember that it is an honorable condition, and dress suitably, and take all the exercise she should, at any time of the day when most desired and most easily taken. Think it entirely right yourself, and the chances are that you will make others think so.

Any exercise which tends to develop the muscles of the abdomen is helpful, such as standing erect and without bending the knees, reaching over and attempting to touch the finger-tips to the floor. This is not possible at first, but can be done by continued practice, and will do great things in strengthening the expulsive muscles. Compel yourself to sit perfectly erect without the aid of a corset, and see how soon the imprisoned muscles of the waist and abdomen will rejoice in their freedom, and give you suppleness, strength, and grace in exchange for the abuse which you have hitherto heaped upon them.

Again, with hands on the hips, bend forward and backward as far as possible without straining and fatigue, and then from side to side. You will soon find a marked difference in these muscles which had depended upon the corset for support, and for this reason had be-

come comparatively useless. Rubbing, kneading and spatting these muscles will quicken their circulation and add to their strength.

But by far the finest exercise obtainable is found in the regular duties of the household, and the pregnant woman should not excuse herself from it up to the very last.

Fourth: Errors in diet will work havoc with the pregnant. The stomach must be well to insure proper nourishment for mother and child, and to keep the whole system in good condition. The famous case of Mrs. Rowbotham, the wife of the London chemist, whose husband experimented in foods for the pregnant, that would prevent bone formation, has been widely told. His wife having suffered agonies during previous births, after following his regimen for several weeks, gave birth to a child whose bones were not much more than mere gristle. According to the history of the case, after that birth the mother changed her diet to foods containing bone-making material in greater abundance and the child made bone rapidly.

The diet at first prescribed was largely of fruit, as apples, oranges, lemons, of which latter she took the juice of several daily,

mixed with molasses or sugar. She ate little meat or bread, but aside from the fruit, vegetables were the principal food.

When we contrast this with her former mode of living, we do not wonder at the change. Let me quote from the report of the case. "During former pregnancies, she subsisted very largely upon bread, puddings, pies, and all kinds of pastry, having an idea that solid foods of this kind were necessary to support the fœtus."

Plain, unstimulating food such as fruits, vegetables, a small amount of meat once daily, and simple puddings for dessert, are unquestionably the best regimen for all the members of a well-regulated family, and so fed, there need be little, if any, change made for the prospective mother.

A last and largely contributing cause to pain in delivery, is the state of mind of the pregnant woman. If she allows herself to be influenced by every possible and often impossible outcome of such cases, and dwells upon all the old wives' whims she has heard, she will look for and get something similar to these. Nervous and hysterical, she comes to her delivery poorly prepared, and every molehill becomes a

mountain to her, which she climbs with the greatest difficulty, never expecting to reach the terrible top.

CHAPTER III

IS PAINLESS PARTURITION POSSIBLE?

THE subject of painless parturition has attracted wide and well-deserved attention. Very much that is expressed by believers in this theory, is tenable and helpful; and while we cannot take the extreme views held by Dr. Holbrook and Dr. Stockholm that in the large majority of cases it can be, literally, parturition without pain, yet we believe and have proven in our own practice, that very much of the suffering can be alleviated by rational methods of living and dressing, and the pregnant woman can come to her delivery absolutely without fear of great pain or after ill-results.

Were it not a natural thing to bear children, the case would be different. Were it not in the power of any physician to prove that when rational laws had been followed and a right mind preserved, his or her patients came through the ordeal with very great ease, we

would have no ground for encouragement for our pregnant patients.

Eminent physicians have given decided statements of their knowledge in regard to the great relief it is possible to obtain from right care and methods of living. Dr. Dewees goes so far as to say, "Pain in childbirth is a morbid symptom. It is a perversion of nature caused by modes of living not consistent with the most healthy condition of the system, and a regimen which would insure a completely healthy condition might be counted on with certainty to do away with such pain." This we could accept had he said, do away with such pain in large measure.

Professor Huxley, the English scientist, makes a statement with which we heartily agree. He says, "We are indeed fully prepared to believe that the bearing of children may and ought to become as free from danger and long debility to the civilized woman as it is to the savage." That many of the ills which pregnant women suffer are due to habits of civilized life, which if cured would avert their evil results, we believe can be proven without doubt.

All physicians can cite instances in their

practice, of births where comparatively no pain was suffered, but to affirm that childbirth can be, in the majority of cases, without pain seems to us a great mistake. It is offering more encouragement to our patients than the actual experience will warrant. And why do this? Are the necessary pains of travail in birth all out of proportion with the resulting gift? I have yet to find the true woman who could not say, "With all the suffering, it pays to be the mother of children."

The argument which some have used, that curse which was pronounced upon woman after the fall, "In sorrow thou shalt bring forth children," should have no weight, as the curse pronounced upon man, "In the sweat of thy face shalt thou eat bread," has in the multiplication of labor-saving machines, been in large measure done away with, has little forcefulness. We can plainly see that labor-saving machinery has done little to reduce the sweat of the face, in the rush and work and worry for daily bread. This has not removed man's curse, and the reminder of God's frown upon sin is needed by us all. So in child-bearing, what of pain and suffering is really necessary, is not so severe as to call for com-

plaint against an ever merciful God. What pains we have brought upon ourselves by false estimates of life, will be removed if we return to primitive simplicity of food and dress and exercise; and with this we are to concern ourselves.

Dr. Holbrook, in his little book, Parturition Without Pain, and Dr. Stockholm, in Tokology, both cite the cases of the American Indian, and of women of heathen lands to exemplify their statements of painless childbirth; and further, recommend most emphatically, as the great pain destroyer in maternity, a prescribed diet which we are sure our Indian women, and we think heathen women as well, do not follow. Is not the easy time which the Indian women enjoy due to their simple habits, their easy dress, their active out-of-door exercise, added to their care-free mind and lives? It matters not to her what her acquaintances, Mrs. So-and-so thinks, for they all think as she does, and she fears no criticism. Her society claims are not arduous, and she can appear at all the functions without fear of remark or inquisitiveness. She roams the woods and cooks her simple meals, and lies down to sleep without a thought of fear, and

in the end is delivered of her child with great ease.

While diet may have some effect for good, yet far more can be accomplished, we believe, by proper dress, sufficient exercise, a quiet frame of mind, and warm sitz baths.

Let me cite a case from my own practice. A young woman preparing for her first child followed painstakingly the directions concerning diet laid down in Tokology, and expected an easy delivery. Instead, her labor was long, painful and instrumental. In her second pregnancy she lived in a normal way, eating what she prepared for the remainder of the family. In this labor I attended her, having been engaged but a very short time previous to delivery. Her labor was not difficult, and was accomplished in less than four hours. In the third pregnancy, I had the care of her from the beginning. I did not need to recommend exercise, as she had plenty of the very best kind, and she dressed as she should always. I did however advise warm sitz baths from the first at least twice a week, which were increased during the middle months to three a week, and during the last three months every night just before retiring. This labor was not

over half an hour in length, and the child was born with two expulsive pains, and they not severe. In this pregnancy she ate meat three times a day, and bread every meal. This was not done from choice, but because she assisted her husband in his meat, vegetable and fruit business, and as they lived in the rear of the building, the easiest and quickest meals possible were prepared. She ate fruit, but not in large quantities, for her stomach would not tolerate strong acids. In her fourth pregnancy she followed the same regimen and the result was the same, a comparatively painless delivery, and an easy getting up. Indeed it seemed in the last two deliveries an unnecessary thing to remain in bed the prescribed ten days.

Another instance of a first baby, in which the mother, during her pregnancy, had lived up to the requirements of the fruit-vegetable-rice-no-meat and little-bread diet. She came to her delivery with splendid courage and a surety that she would suffer no pain worth speaking of. It was pathetic to witness her brave deportment and the encouragement of herself after an unusually hard pain. She would exclaim, "That was not so bad after

all, they might be a great deal harder." I have had but one or two more serious labors in a twenty years' practice, and the little one when born was denuded of skin in patches from head to foot, and was thin to emaciation. Possibly this might have happened had she not have followed the diet strictly ; but as this is the great thing emphasized, it is that which is followed, and the other requirements for an easy delivery are often neglected. I have no doubt, exercise and proper care in other respects were not taken as religiously as was the diet, but as I was at the time a somewhat believer in this theory, and as my patient professed to know just the best way to care for herself, I did not then insist as I should now, upon a more rational, all-around practice.

I do not say this to deride the fruit diet theory in toto; for taken in moderation, it keeps the bowels in splendid condition, and the stomach from being overloaded with more stimulating food. I would strongly oppose the eating of fruit between meals, at this time as at any other, but before a meal or as dessert it is to be highly recommended.

But again to the question at the head of this chapter.

Is painless parturition possible? Yes; when the conditions for it are all favorable, namely, vigorous and perfect health for generations back; plenty of exercise, which is best furnished by household duties, and walking with agreeable companionship; food, simple, unstimulating, varied, and that partaken of by other members of the family, and not so different and demanding such an amount of self-denial as to call attention at every meal to her condition, and the probability, if the singularity be not adhered to, that a very painful and dreadful time must be expected. Plenty of good company, cheery and helpful, is also a necessity, and dress from the beginning so as to leave every part of the body free and unrestricted to move and act as nature designed it should; sitz baths increasing from once a week to twice, then three times, and in the last month every night before retiring, not cold, but as warm as can well be borne. Last, but by all means the most important requisite of all to this happy end, a justo-major pelvis: which all may not order for themselves. What do I mean by a justo-major pelvis? Why a pelvis symmetrical in its formation, and abnormally large. Given, however, all the

other requirements, in large measure or in full, yet wanting this, the chances are, that in the large majority of cases, we will have a delivery which any noble-minded woman, who is not afraid that her womanhood should be put to a test of its strength, will call a remarkably easy delivery, and which will not make her shrink in the least from its repetition.

Only a few days ago the remark of a little mother came to me, which I will pass on to you. She said after her first baby came, "The pains of childbirth were the sweetest things I ever knew. I would not thank any one to bear one of them for me."

Another instance which proves much, I think. A lady came to me four months advanced in her second pregnancy, her first child being then nearly eleven years old. She had suffered agonies in her first delivery, and as she said, "remembered every pain." She was rebellious at having to go through it again, for this reason, and because it would necessitate the giving up of some delightful pleasure trips with her devoted husband. I preached to her the possibilities of joyful motherhood, of the endowment she could give her child, and put into her hands several good

books on the subject. I also assured her that she need not have so serious a time as before. She came to her nobler self beautifully; and while ease of dress and the sitz baths, with her lovely motherly awakening in expectancy of the little one, were really all the rules followed, she passed through her confinement with very great ease, and delight on the part of all. Even her diet was not changed, as I would have desired, for the family were luxurious livers, and her exercise, save about the house and up and down-stairs, was not taken; but in spite of this, with mind at ease and heart at rest, she came through the to-be-terrible time with a purpose to have more very soon. There is no dread now to her in childbirth, and she would assert that there should be nothing to dread in it for any woman.

Is painless parturition possible? Yes: with the aid of an anæsthetic; and to a very slight degree of anæsthesia need we resort; for only sufficient to allay sensitiveness to the pain is needed, and your ears will be regaled next day with the declaration that she had such an easy time that she would not dread another at all.

Then if painless birth is desired is it not

better to resort to a mild and harmless anæsthetic at the birth rather than torture one's self for nine months with rules and directions enough to make her apprehensive of the most serious things, and to bring her to the time nervous and spiritless in the extreme ?

CHAPTER IV

DANGERS FROM EXTREME METHODS IN PREGNANCY

I CANNOT emphasize too often the naturalness of child-bearing. Since it is natural, and we know it to be so, why all the fuss about it that is so often made? Why preach, and talk, and worry and make fearful the mind of the prospective mother, when her condition is nearly as old as creation, and is planned for and presided over by the same Lord who made the first couple and ordained the manner of the perpetuation of the race.

Far better to recommend no change in living, if the habits of life are simple and sensible, than to snow under our patient with advice and warning and minuteness of detail in preparation, until she is made to feel, if she ever gets through this terrible time, about which so much commotion is raised and for which so much preparation is demanded, she will indeed be fortunate and will count herself

really blessed. Blessed she will be surely, not simply because she gets through, but because she has the privilege of going through and emerging a mother.

Aside from the multiplicity of directions and finniky care-taking, there are dangers we believe in the extreme methods of diet recommended.

First the fruit-vegetable-no-meat and little-bread regimen is not one which commends itself to the taste or desire of most women. In fact it is rather obnoxious than otherwise. The three or four lemons daily, and oranges and apples ad libitum, both between and at meals, make an excessive amount of acid which cannot be tolerated by most stomachs, and there is great danger of leaving behind deleterious effects in weakened digestion.

Again the self-denial required in abstaining from meat and bread, save in very small quantities, by those who have all their lives been in the habit of subsisting largely on these two articles of food, is too rigid an enforcement to be insisted upon at this time, save for those possibly who have suffered before extremely and who resorted to anything which has any promise of relief.

Not alone is the physical effect to be condoned, but more than this the mental effect. The influence cannot but be felt upon the child, when the mother is constantly legislating throughout her pregnancy for her own comfort at the time of delivery. To save herself a few pains there is danger, through her abstemiousness in eating, of implanting in her child, likes and dislikes which will last for a lifetime.

Further, this daily attention to carefulness in diet, forcing one's self to eat things which become very distasteful, and denying herself the things which are pleasant and desired, causes a feeling of unrest and fretfulness on the part of the abstainer, which cannot be healthful, and again accentuates the thought that pregnancy and its final result, delivery, is a very dreadful condition.

Instead it should be the aim of every expectant mother to dispossess her mind of the thought that any great experience of danger awaits her, and to fill her mind with the knowledge of the fact that she is but fulfilling nature's intention and will have her highest help.

Quite as wisely should you lecture and

guard your friends who contemplate a pleasure excursion, lest something disastrous result, as to say to those who look forward to motherhood, "Be careful, be guarded all the time, follow the most painstaking care and caution, or we know not what danger may await you."

Why a far greater number of those who go on excursions meet death, than those who pass through childbirth, and yet we do not think of spoiling their anticipations by constant croaking of possible dangers ahead. True we sometimes have a severe case, as we have critical cases in any of the diseases, but these are the exceptions, and fatality in parturition is a very unusual thing.

Childbirth should not be regarded or spoken of as sickness. To be sick is to be affected with disease of any kind; to be ill, in bad health. "Sick" is applied to any irregular, distempered or corrupt state. Why then call childbirth sickness?

There is a danger also in advocating too great activity, either in work or the many forms of physical exercise which are recommended as strengthening for women at this time. "Let your moderation be known to all

men," is a good motto for the pregnant. The very fact that these things are highly recommended, sends our enthusiastic patients to their practice with an overzealous endeavour that is apt to work harm.

I have come to believe that it is better to urge work about the house to the very last, out of door exercise and pleasure in abundance, walking daily, not so much as to overtire, and leave the more minute details out of the question, than to advise their following any prescribed course of physical culture or training.

Do not misunderstand me. I believe heartily in proper precaution, and caretaking. Cleanliness, carefulness and painstaking are part of the *armamentarium* of a good physician, and I would never have them disregarded. Against the extreme fanaticism in preparation I am speaking, not against the sensible care which should be taken by both physician and patient. All that the physician can say and the patient do and not get out of the realm of the natural, I would advocate heartily, but I would avoid fussiness.

Further, I can but believe that this state of things has been one of the contributing factors

in the great prevalence of ante-natal infanticide which is broadcast in our land to-day. Women have come to dread maternity and all its attendant cares, and have magnified its dangers, and the next thought is, what can I do to prevent it, while I must be a wife in the common acceptation of the term, how can I avoid pregnancy? Then Satan, ever ready to lead captive silly women, suggests to them prenatal murder, but by no means calls it by its real name. And then begins a life of bondage which finds its counterpart nowhere outside prison walls. Using the precautions which they have learned from some of their older friends (?) and which are extolled as proof in all cases, they watch the approach of the monthly cycle with apprehension; and if perchance, they pass the day without its appearance, they rush off to the doctor (not usually the family doctor, but one skilled in such things, and who has no conscience to trouble him), and with a plausible story of having taken cold, if they need to be plausible at all, they follow a prescribed course until the menses appear, and with it, too often, a condition of body and mind which is indeed sickness, and which is likely to be their con-

stant companion ever after. If such women could only know that their history is easily read in their faces,—old before their time, sallow, tired, colorless, all the bright life tones gone out of them,—they would hardly care to advertise their practice.

Oh, sisters! let me beseech you, do not barter your birthright, your health, youth and beauty, for such a moldy mess of pottage, for depend upon it, death lurks beneath, and will spring out at you before you realize it.

Again let me emphasize the fact that you have positively nothing to dread in normal childbirth. A few hours, at the most, of discomfort that will be forgotten as soon as your little one is pressed to your heart, and as you approach a second and third delivery you will laugh at fear and crown your womanhood with rejoicing that you are so privileged as to be the mother of children.

Live healthfully, eat food that will build a strong body at all times, dress sensibly, allowing no undue weight or unnecessary bands to hinder your normal development, exercise as you would in ordinary health, occupy self with the duties of the home, and above and beyond all, keep a cheerful spirit and a confi-

dent trust that the dear Lord who knew a human mother's love, and appreciated her cares and sorrows, will care for you, and will lead you all the way, if you will allow Him to do so. And furthermore, the way is not "The way of the cross," but that of the crown of motherhood.

Believe implicitly, that you as other women are able to bear the little of suffering that will fall to your lot after you have done all that you can to conform to right ways of living, and come to your lying in as to a happy consummation of high hopes, for your joy will be great if you have a heart to make it so.

No extreme methods are necessary, any more than they are called for in the ordinary walks of life. Depend upon it, all the talk about the dangers and sorrows of child-bearing, is made by those who are not true women. They who shirk the responsibilities that belong to womanhood, and the debt they owe to their day and generation will have little to give to the world or their families that is worth the giving.

True women take the place that God intended they should occupy, and fill it gladly, rejoicing that they are women, and have been

so honored of the Creator as to be given such a large part in the perpetuation of the race. True women know that they have in their power to so order the children they may bear, that they shall fill places among the justly honored of the land. Is any other work so well worth while, as bearing and rearing children that shall help to lift the fallen world? Woman in doing her distinctive work, is lifting herself to a higher plane than can be reached by any other path; and is fitted to shine as no other education in the power of the world to give can fit her.

Womanhood! Motherhood! Two of the sweetest, most soulful words in the language of any people; and yet how their banner is trailed in the dust. How many,

> "Have sold for naught their priceless gift
> How spoiled their bread and spilled their wine,
> Which spent with due respective thrift,
> Had made brutes men, and men divine."

CHAPTER V

THE CRIME OF PRENATAL MURDER

WHAT is prenatal murder, and is it possible that women in Christian America will lend themselves to such a sin? Prenatal murder is a crime very often committed, if we give to the taking of life the close definition which the Holy Book would give it. Murder lies in the intent, the desire, as well as the deed itself, and one may take life, so far as the sin upon his own soul is concerned, who never stains his hands with his victim's blood.

This would be the definition of God's Book, and can ours be less? Prenatal murder is then, not only the putting to death the unborn child, but the purpose to do so, even though thwarted by Nature in her persistent fidelity, to the Creator's plan and purpose. With such a definition, how many think you would be recorded were all the cases known?

What is it that has gotten into, or out of, the hearts of women all over our land that

makes it possible for them to entertain even for one moment the thought of such a terrible sin? In prenatal murder woman is aiming a death-blow at one of the most sacred instincts of nature, mother-love and all its sweet reflex influences. True many times she does it in ignorance of the enormity of the sin, but all women know that it is wrong.

Think for a moment: would any woman count it an honor to have for a friend a public executioner? There is something horrible in the thought of it. Then how can a delicate, shrinking woman dare to hold converse with herself, when she becomes the executioner of that which is a part of her very self, and by so doing also undermines the citadel of her own health and strength? Destroying the little soul, already embodied, and at the same time doing violence to her body, the temple of the Holy Ghost. Yes: and this sin is committed, we shudder to think of it, by those who have acknowledged it His temple, and then dare invite Him to dwell in a broken down tenement, when they themselves continue its destroyer.

Woman could never do this did she realize the enormity of the sin. She has been misled

by the sophistry of reasoning which many who know better indulge in, that there is no life in the product of conception until quickening is felt, and therefore no soul, hence no sin is committed in destroying it. What proof is there that there is no life? And when does life enter? How can there be growth if there is no life? The moment conception takes place there is life, and that same moment does the soul take up its abode in the conceived being.

Oh, sisters, be not deceived with such sinful reasoning. Be not led into this sin which will bring sorrow and evil, multiplied in geometrical ratio to your soul throughout all time. Some day there will come a reckoning with your own heart, and you will find it bankrupt of all that makes life desirable or lovely. Some day in your loneliness, your heart will cry out in vain for those little unborn souls whom you have doomed never to know a mother's love and nestling. Some day you will stand appalled at the temerity with which you dared to tamper so with your own body, and destroy the precious infant, who through no fault of its own, was called into existence. Ignorance of self and all the great questions which grow out

of it, is at the bottom of the awful sin of prenatal murder. It is certainly not alone the fearfulness of child-bearing which starts woman on this downward way, for she who stoops to child murder, does a very daring thing; she takes her life in her hand, for she has all nature against her, while in normal maternity she has all nature on her side.

"But," I imagine I hear some one ask, "have you no compassion or sorrow for the women who are compelled to bear children too frequently, and so miss all the pleasures of society, and self-improvement?" I am sorry for the lack of wisdom on the part of husbands and wives who allow such a state of things; but we never can right one wrong by joining hands with a sin of far greater proportions. More than this, I do not believe that any woman is shut out from all improvement because she must bear and rear children. She has before her the opportunity for the finest education that the world can furnish. Does not educate mean to lead out? And is there larger opportunity anywhere than that of the mother of a home to lead out all the faculties of the mind, and give them development? Further, what good can come by limiting her children by

produced abortions? Life is robbed of its joy when health is gone, and when with it has fled purity and peace of conscience, there is little left to hope for. Remorse and sorrow hold high carnival in such hearts, unless conscience is seared and dead ever after.

Is there not something to make us stop and reflect seriously, when we learn that the American race is rapidly dying out? There should be an average of four children who live and grow to maturity in every American family, to just keep our number good. What then can be the inevitable result, when there is not an average of nearly that number? Have we no responsibility in this matter for the coming generations?

Dear young wives, let me sound a note of warning. You will find those who are willing to become your teachers in these unhallowed things, who should blush with shame to so dishonor themselves and their God and so to corrupt the minds of the young and innocent, and lower the standard of morals in their generation. Listen to no word from these false teachers. Be above their companionship. Resolve in your young womanhood to so know your responsibilities and your high calling as

women who are to be wives, and in the plan of the Creator to be mothers also, that you can never stoop to rob your own heart and life or your generation of its lawful heritage.

I am well aware that women are not alone in this guilt, but that they have often a partner in their husbands, who, fearing too great a task in the support of a large family, either by their words or actions say plainly that they do not desire a large family. If they do not wish it, it certainly lies entirely within their power to limit the number by legitimate means, and that is expressed by one word, continence. In this way and this alone will he be guiltless.

That children should not be born oftener than once in two years, and in the large majority of cases it would be better did three years separate the births, will be conceded by all. A wise self-control will accomplish this; and were one half the time spent by parents in study and research along the lines of wisest perpetuity of the race that is spent in planning to thwart nature while living lives of sexual indulgence, our young people would be better informed and would come to marriage with principles too high to allow the lower nature

to dominate, or to lend themselves to the nefarious practice of prenatal murder.

Just a word as to certain practices which are considered harmless, morally and physically. The practice of using cold or ice water injections immediately after sexual intercourse is harmful in the extreme. The parts are overheated and suddenly lowering the temperature can but cause serious congestion and its after bad results. Any physician who makes a specialty of diseases of women, could give you scores of cases of serious womb diseases brought on by the use of the above so-called preventive.

The preparations recommended by unscrupulous druggists are often harmful in the extreme, as are the many devices that are advertised and sold by those who lead captive silly women who are waiting to be entrapped. God seems to have put His ban upon any effort made to avoid motherhood, however harmless it may appear to be by those who are encouraged to use it.

There is certainly a great work of reform waiting to be done, and with woman rests much of the responsibility. First there must be enlightenment instead of ignorance upon all these questions which have to do with our

higher being and the highest well-being of the race. Let woman awake to the knowledge that very much can be accomplished by intelligent study along these lines, and then set about patiently leading in the better way and the day of wiser and better conditions in marriage relations will soon dawn. Much of the license in wedlock is the direct result of lack of knowledge and faulty education. Boys and young men are not taught as they should be, and the consequence is that husbands are ignorant of the higher and better way, and wives suffer, and unborn children are slaughtered, while men go on pandering to passions uncontrolled.

CHAPTER VI

STATE OF MIND DURING PREGNANCY

Is THERE anything in the state of mind during gestation which should merit a chapter in our book? Much more than enough for one chapter if all were to be said.

The state of mind during pregnancy and at the time of delivery, has more to do with the happiness of the patient and her unborn child (to say nothing of the remainder of the family), and has more to do with her comfort and ease during pregnancy and at its close, than any other one thing. Given a happy, cheerful disposition, a mind to make the best of every circumstance, a determination to look upon the bright side of things, and if there seems to be no bright side to make one—given a belief in the kindly provision made by a loving God for the mothers of the world; and a knowledge that when doing all she can by living rightly and thinking rightly, she can safely leave the rest with Him—given all these, and

the woman will be fitted to pass the months of waiting with joy, and come to the end with courage and strength sufficient to tide her safely and easily over.

Restlessness and dissatisfaction by women with their lot has much to do with their state of mind. Women are restless because they do not comprehend the greatness of their work. They have dwelt upon the drudgery of the flesh pots and broom and dishpan, so long and complainingly, that they have forgotten that the very drudgery is but the underlying necessity of all that is possible in their highest endeavor and that of their family. Why there is a poetry in cooking and a blank verse in scrubbing if we will but hunt for the meter; and how much better that it should be made a lively soul inspiring roundelay, than that it should be set to the measure of a funeral dirge.

Look for the symbolisms as well. Isn't the outer cleanliness that you put upon the face of home a symbol of and an invitation to the washing of regeneration given the inward man? Is not the common sense, hygienic food put before your family, but strength, endurance, high endeavor, noble purpose in the

rough, and only waiting the marvelous chemical changes in the system to transform them into all that goes to make life high and noble? Looking at it from this exalted view-point, woman will see her work as she should and not groan and complain over it.

For much of the fearfulness in which timid women approach the termination of their pregnancy, and with which in fact they torture themselves all the way through, I can but blame old wives and meddlesome physicians. Old wives remembering all the fatal and difficult cases they have ever known or heard of, and taking pains to rehearse them to young and timid wives before the advent of their first baby, awaken their fears and quicken their surmisings into being. Then the physician in these days when, the books say microbes and bacteria swarm as thickly everywhere as bees about their hives, fearing lest their patients become infested with their unwholesome presence and poison, will load the patients with precautions and warnings until the case assumes a very terrible aspect to the uninformed and timorous. This, to our mind is one of the first steps in meddlesome midwifery. We should let nature alone when we

have in kindly wisdom taught the way of right dressing and living, and encourage our patients to look upon the bearing and rearing of children as something well and amply provided for in their creation. Say all the encouraging things which we have such just reason to say, and leave the few possible but highly improbable things unsaid, expecting them to come to other physicians' patients and not to ours.

Again, women who have married with the determination to have no children, if they can well help it, are in no enviable frame of mind when they find themselves pregnant, and unless they immediately call a halt to their former feelings upon the subject, and resolve that through no fault of theirs shall another disinherited child be thrown upon the world —that through no fault of theirs shall their family suffer and they themselves live in the slough of despond in the waiting months— their condition is indeed a pitiable one.

Pregnancy means to every woman a period of unrest and suffering, or a period of joy and blessedness, that will react upon all her after life for sorrow, or for joy, and the state of mind which she chooses will determine which

it shall be. It means more than this. "As a man thinketh in his heart so is he," and this man means woman too. If she think that she is abused because forsooth she is to have the high honor of becoming a mother, then what of comfort can she have for herself or to bequeath to her unborn child? What can be her prospect of coming to her day of delivery with ease or courage to bear what little of suffering may be hers? We cannot expect to think bitterly and to live sweetly, or to transmit sweetness either. No: we live what we think inevitably, and give the same to our children, and it behooves us here as elsewhere to think right thoughts.

A little mother comes to my mind as I write, who illustrates my thought. Her husband was a good business man, but wasted his money in drink, while she courageously bore her large family of children, and cared for them tenderly. I said to her one day, when she spoke of her sorrows, "How have you managed, that your children are all so happy and bright, in spite of poverty and the neglect of their father?" She answered me, "As soon as I found I was to have another little one, I prayed all the time it seemed to me, that it

might be perfect physically, and then I tried to make the best of everything." Her children are all remarkable physical specimens, not a blemish on one of them, and as they are growing toward man and womanhood they all give promise of more than ordinary strength and ability.

The ancient Greeks placed about their pregnant women the finest statuary and pictures, so that their children should be physically beautiful. And further, recognizing how very much depended upon the state of mind of the mothers, they kept them cheerful and happy, by delightful and uplifting companionship, music and laughter.

Realizing as we do, the great influence upon the child which the mind of the mother exerts, and the reflex of this upon all her after life, is any pain too great to take, any effort too costly? Mothers! mothers! be brave, contented, happy. Make the most of every comfort and enjoyment, the least of all discomfort and deprivation; and believe me it will bring into your life more of real wealth and blessedness than all the mines of Golconda could furnish.

Your life is only well rounded to its noon-

day when your child-bearing period is passed, and what you are now in gladsome living, in uplift and strength, you will be all your after life of comparative freedom for helpfulness in the work of the world. As you have borne and reared your children, as you have blessed your family with wisdom and goodness and welcome cheer, so will you count in the community, so in the world at large, for helpfulness.

CHAPTER VII

PREPARATION FOR MOTHERHOOD

In the minds of many to-day a great question is being considered, namely: What preparation for motherhood lies within my power to make? This preparation does not involve simply your own wardrobe for use during the period of waiting, nor that which may be prepared for the coming little one. Neither is the question answered when the physical condition is well looked after, and the physician and nurse decided upon. It goes deeper than all these and asks, what can be done to so prepare me mentally, morally and spiritually, as well as physically, that my offspring may be endowed with all that it is possible for me to give them? What may I do that I may be quite sure that my faults and defects shall not be transmitted? How can I prepare myself to give to my babies the characteristics which I possess in small measure, but long to possess in greater?

All these questions come within the realm of preparation for motherhood. In this chapter we will discuss the physical preparation of the mother, and the care of herself during her pregnancy, while the higher questions will be discussed in the chapter on heredity, predisposition and evironment.

First, *Exercise.*—This can be summed up in a few words. The work about the house is the best exercise a pregnant woman can take, as in the various duties incident to the work of a home, all the muscles are brought into play as in no other one thing. Care should be taken not to lift heavy things as buckets of coal, tubs of water, or habitually, older children, if there are any. Lifting and shaking rugs and carpets is too vigorous exercise, save for the very strongly athletic women. Sweeping in moderation, not too many rooms at a time, can do no harm if the woman is at all strong. If she is not, she should consult her physician as to the best exercise to invigorate and strengthen her.

For those who are so situated as to have thought it unnecessary hitherto to have little to do with the manual work of the home, exercise must be zealously sought and taken.

Assuming one little home duty after the other, that will keep you on your feet for some time each day, and bring into healthy play the unrestricted muscles of the abdomen and back, will be a great help to you, as well as a delight.

If you have never learned to cook, and have not had practice in the special administration of home affairs, now is your opportunity. "Go to school," these months, at least for the morning session daily and solve for yourself the mysteries of domestic science. Nothing so becomes the mother of a home, as to be thoroughly furnished in all that goes to make up a good housekeeper; and nothing so insures good servants and acceptable service.

Learn how to cook, and prepare healthful, appetizing dishes daily. Be the woman of affairs at home, and gather strength for your approaching motherhood, while you are at the same time giving to your unborn child a taste and aptitude for all that enters into the finished make-up of keepers of the home.

The work about the house is the *best* exercise a pregnant woman can take. The motions necessary in making the beds, dusting, sweeping, etc.; the exercise compelled in compound-

ing a cake, and in moulding bread cannot be excelled in any system of exercises ever devised. In these various duties incident to the work of a home, all the muscles are brought into healthful play as in no other one thing. But care should be taken by those who do all their own work, not to lift heavy weights.

Gardening too, offers an excellent recreation for a pregnant woman, as it combines outdoor air with exercise that is strengthening to the muscles of the abdomen. Aside from these the growing of flowers cultivates the æsthetic and brings one into touch with nature as nothing else can. An hour in the early morning, and another in the evening, dressed in light, short clothing, with absolutely no garment that in the least restricts the movements of the body will do more to furnish tone and strength to the pregnant woman than any other one form of outdoor exercise. Croquet is a healthful amusement if one be dressed as above, for it furnishes exercise, recreation and fresh air at the same time.

Walking can be participated in by all. The clothing must be light and supported from the shoulders, and should be so made that it will

not hamper the free gait. The boots should be moderately heavy walking shoes, with a wide, thick sole and low heels. A woman who has never been a good walker can become one, by following closely the above directions. A loose jacket and light skirt, with full drawers or bloomers, all made of cloth and weight that is well suited to the demands of the season, are, with the undergarments, all that is necessary; and the skirt should be short enough to require no holding up in any weather.

Beginning with a short walk one can lengthen it until a mile or two is covered without undue fatigue. The walk with women who have the leisure or can make it, should not be omitted save in the most severe days, unless the exercise about the house has been such as to take the place of the walk. If any of the exercises recommended in books, or by physical culture teachers are practiced, take care not to overdo them is the only caution.

To those who have no taste nor desire for work in the home I would say, consult your physician as to the kind of exercise you need, and take it painstakingly, not with the thought that you are going to spare yourself pain, but that you are going to make yourself strong

and give to your unborn child vigor and strength of mind and body.

Exert all your splendid womanhood in making good the deficiencies which you will discover now in yourself if you have never before, and depend upon it; the exercise which will not only do this but have in it utility for others will be the most satisfying and truly helpful. The days when queens and princesses "wove and spun," and looked well to the way of their households may be devoutly prayed for now.

For those, who are not so situated as to be able to take the natural exercise needed for full and healthy development, it is best to adopt some system of movements which will develop and keep in tone all the muscles and joints of the body. If your home is in the city you had better consult the finest teacher in physical culture you can find, and follow a prescribed course, taking good heed not to go to a dangerous extreme in your enthusiasm. If you are in the country send to any reliable book store and get the book of "Del Sarte" exercises and be your own teacher and energizer, remembering always what you desire to effect; namely, a strong, *symmetrically* de-

veloped body, ready for any emergency, even inviting it. There are a goodly number of exercises which embody an ingenious combination of strong rubber cords, handles, foot-pedals, and ring, by which it may be attached to a hook in door or window casing. The movements with this little device can be varied indefinitely and bring into healthful play the muscles of chest, limbs and abdomen.

Notice the advertisements in our best magazines and papers, of systems for physical culture, and if you have a desire to try a variety of authors, take up some one of these correspondence courses and prove it for yourself. Not all excellence is comprehended in one course or system. Be wise in your selection to take only that which *you* need for *your* development.

Exercise with dumb-bells can be made to meet the wants of the large majority.

Dress during pregnancy. What I have said above, will cover all that is needed to be said about dress in exercise. For the home dress, the light, loose wrappers for work, should be worn with skirts either attached to waists or supported by straps from the shoulders. An underwaist can supply the place of the

corsetwaist, if one has been worn, and can have a V shaped front fitted in it, which will allow enlargement, with only the trouble of changing the buttons, as the size increases. There are a variety of pretty maternity gowns, adorned by a tasty adjustment of bows and lace pendants in front, which disguise the form and give the wearer a comfortable appearance and feeling.

On no account wear the elastics around the legs. If the stockings are supported at all let it be with safety-pins, attached to the undergarments, or by flexible rubber tape from the shoulders. The shoes should be comfortable and low heeled at all times, and in the undergarments avoid all bands around the waist.

It goes without saying that *a warm bath* for cleanliness should be taken once or twice a week. If one can bear the cold sponge bath daily it is an excellent tonic, and can be quickly taken with a pair of bath mittens without thumbs, well soaped and drawn on the hands. The whole body can be quickly gone over and rubbed dry, all in about two minutes. This increases the circulation, cleanses the skin from the daily secretions, and, because of

the bracing tonic effect makes one feel equal to almost anything.

The Sitz Bath.—This can be taken in a set tub, a regular sitz bath-tub, or in a foot-bath-tub, or common wash-tub, with sufficient water to cover the hips, and as warm as can be comfortably borne. The sitz bath should be taken twice or three times a week in the earlier months, then every night before retiring in the later months. If the sedative effect alone were sought, this would be sufficient to pay for the effort, but aside from this it relieves any undue congestion to the parts, softens and makes the muscles more pliable, and soothes in a wonderful manner. I do not recommend the cool or cold sitz baths in any instance, save where one cannot well stand the warm. To a few women warm water is a little too relaxing in its effect, and to such the cool sitz baths would be preferable.

Rest.—How much should a pregnant woman rest? All she can without overdoing it. Some women are so constituted that they need a guardian who shall say, "thus far and no farther," in both matters of work, exercise, and rest. Rest in a recumbent position, usually lying on the back, with the feet

drawn up, for fifteen or twenty minutes, three or four times daily, if standing about the work tires one, is an excellent habit to cultivate. Rest when tired, until you are refreshed, is a good rule. Change of work often proves a rest, and to the busy housewife, change of occupation may give the needed rest to one set of muscles, while another set is busy. Cultivate the habit of sitting at all work where it is possible to do so. Much strength is unnecessarily expended by woman in standing at work where she could as well sit. Again, recreation is often rest to the pregnant woman as at any other time of life.

Care of the Breasts.—The breasts often need some care during the months of waiting. First, avoid for them any pressure or irritation from the clothing. For hardening the nipples, so that the troublesome cracking and tenderness which so often annoys in early nursing may be avoided, bathe them in cold tea, alcohol and water, or witch hazel daily, for several weeks before confinement. This renders the skin less sensitive when it is subjected to the irritation of suckling.

The Abdomen.—Rubbing the abdomen with good olive oil two or three times a week, has

an excellent effect upon the expanding muscles, soothing them and rendering them more elastic.

Food.—As the reader will already have seen, I am no advocate of an unusual diet for the pregnant woman. At all times in life I preach plain, unstimulating food, and have, after the practice of twenty years, no ground for commending unusual and extreme dietary rules. Eat meat sparingly, as at all times in life, not oftener than once daily, and not at all if it is not cared for, as meat is but a concentrated vegetable diet. Eat fruit and vegetables freely, pastry very little, if at all, and let that little be simple.

Furthermore, if your habits of eating and living have been pernicious throughout your life, do not expect to make yourself entirely over into a rational, perfect woman in the few months of pregnancy. But you may with reason expect to do very much toward making matters better and more free from bad results. You have a double motive for reform at this time, the influence upon your own health and comfort, and the inheritance of your unborn child.

The choice of a physician and nurse comes

within the realm of preparation for motherhood. There will be a number of advisers in regard to the choice of a physician, but the woman should be the one whose choice alone is considered, and she should not be unduly influenced, unless for some very good reason. It has been many times proven, that when the physician is not pleasing to the woman labor is retarded and unhappy. Above everything, a physician who is strong, both mentally and morally—a clean man or woman should be chosen, for the expectant woman needs integrity to pin her faith to at such a time, and not a broken reed to lean upon.

For a nurse, a neat, pleasant, far-seeing, self-controlled woman should be found. She is to be mistress of the sick room and must by her ability and strong personality command respect. She must not be a talker, neither obtrusive nor noisy. Quiet, lady like, companionable, and attractive, are the characteristics of every good nurse. She must have a mind of her own and use it when in the absence of the physician an emergency occurs. A nurse is trained that she may intelligently carry out the directions of the physician, and should in every particular be obedient to him. A nurse

prepared for her work, adapts herself quickly to circumstances, and needs little waiting upon.

Still one other thought along this line of preparation. Nothing should be spared by the prospective mother, or by any other member of the family, which will keep her in perfect physical condition for the months of gestation, the birth and the succeeding months of care of her child. The husband cannot be too tender or too considerate of her welfare all through this period, and here is his love and consideration shown as perhaps nowhere else.

That there should be no sexual demands during this time and the period of nursing, the reluctance of the woman attests; and the self-controlled man will not take advantage of her reluctant assent, when he realizes that the influence upon his wife and unborn child is harmful to a greater or less degree.

The human family can well learn lessons here from the lower animal life, for among them no such state of things ever exists, and we cannot conceive that it is a legitimate outgrowth of a higher civilization. It must rather be classed among the uncontrolled evils of mankind.

We can but believe that this is one of the contributing factors in the degeneration of woman, and which makes her less and less able to bear the burdens of life in each succeeding generation.

CHAPTER VIII

AILMENTS OF PREGNANCY

THERE are no diseases which are more incident to pregnancy than to any other period of life, but there are many ailments, which are at times quite troublesome, and which need attention.

One of the most distressing and most common is morning sickness. This is so called because it more commonly appears in the morning, but it may affect the pregnant woman at any or all parts of the day. This varies from a simple nausea to the most distressing vomiting, and may last from a few weeks to several months in the trying cases. Where the vomiting is distressing and long continued a physician should be consulted, for there is some faulty condition in the system that needs attention. All sorts of theories from the most ridiculous to the highly scientific have been advanced to account for this

ailment, but we can simply say that the condition is due to pregnancy, and is probably the result of some nerve disturbance.

It is an abandoned theory that there is no amelioration for this distressing condition. There are many remedies for it, that will in all the understood cases give great relief, or cure it altogether. Sometimes the sickness depends upon a faulty habit of eating, and when corrected the ailment is in great measure relieved. Again it may be avoided by taking something upon the stomach before rising in the morning, a cup of coffee, preferably, without sugar will work most favorably. Sometimes in the earlier months the sickness is due to a displaced uterus, and if corrected the sickness will disappear.

For this as for all other ailments of pregnancy, a healthy and common sense manner of living will do much to prevent its appearance to a troublesome degree. It is safe to say that this, as well as other common ailments are not found in an aggravated form among those who have learned and exercise a proper self-control in matters of daily living. Good habits of eating, exercise and dress, good habits of thought and action, are safeguards against

many ills of life, during pregnancy as well as at other times.

Heart burn is but a form of indigestion, and can be usually overcome by correcting the digestion. Eating fruit daily, keeping the bowels in good condition, and taking a sufficient amount of outdoor exercises are the best remedies. Tight clothing which presses upon sensitive parts, or compresses organs which should have full play, or weighty clothing dragging down the wearer until tired and nervous, all have a part in provoking these conditions. That the mind has much to do with both the cause and cure of these common troubles, a remedy often recommended in medical books, namely, change of locality and surroundings, is a proof. This gives the patient new things to think about, new things to see and enjoy, and she dwells less upon self and her ills.

Another distressing ailment is constipation, and it is really incorrect to say that this is more liable to trouble one at this time than at any other, as it is one of the most common ailments of life among men as well as women. True the gravid uterus, or heavy womb, may at times aggravate this trouble, and some-

times provoke it, when a nerve which presides over the regular evacuation of the bowels is so pressed upon as to render it insensitive and hence neglectful of its duties. On no other account is one more liable to suffer from constipation during pregnancy.

More exercise, more fruits and laxative foods, plenty of water drank both hot and cold, and correct dressing are all very helpful, and if persevered in will cure the large majority of cases. Do not begin the habit of relieving the bowels by cathartics or enemas, or injections, but by correcting bad habits if you would effect a cure. Enemas may be used as a temporary relief, while food and exercise have time to do their work. Kneading the bowels after retiring at night and again in the morning increases their activity. Further, have a regular time daily for attending to the evacuation of the bowels. Remember constipation is a bad habit more often than otherwise, and the muscles and nerves which preside over this function, like conscienceless servants, will become careless of their duty unless kept to time. Fix your hour, preferably in the morning, and let nothing disturb its regularity.

Piles often trouble the pregnant woman,

especially when constipated, or when there is not a sufficient amount of exercise taken. The practices which will cure constipation will usually relieve hemorrhoids. Eating little, and that liquid, or fasting for a day or even two, at the same time drinking quantities of hot water as well as cold, will cure an acute attack. Should the trouble be caused by the pressure of the gravid uterus, a well-adjusted abdominal bandage may prove efficacious. Better than this is exercise which will tone up the muscles of the abdomen, and the tonic effect of sitz baths, which also relieve congestion, and allow the proper return of the venous blood; for hemorrhoids are simply veins which are filled and distended with blood which is not allowed to return in the circulation, because of the pressure either of the heavy womb or the rectum filled with what should be daily discharged.

Often there is swelling of the legs and feet, especially toward the last, which may have no greater significance than that the return blood vessels are so crowded upon that a portion of their contents is pressed out into the tissues of the legs and feet. This is a symptom, however, which should not be neglected, as it

sometimes betokens a condition which needs the immediate care of the physician.

Sometimes during pregnancy the saliva is secreted in such quantities that it literally runs from the mouth. This, as well as headache, is more often than otherwise caused by errors in diet, and is corrected by adopting a hygienic code of living.

Cramps are caused by nerve pressure, and are relieved by getting up and walking quickly about for a few minutes. A healthy tone in the abdominal muscles will usually preclude cramps.

The mind is the seat of various disorders which should not be disregarded. Usually these are due to nervous apprehensions, or to fearfulness lest all will not be well. Domestic infelicity, an unwelcome member in the family, or a troublesome relative or neighbor may cause great mental unrest. Relieved of these disturbances and the mental distress will disappear like magic. An unsympathetic or fault-finding husband is quite sufficient to throw a sensitive woman into fits of despondency at this time, if she have not sufficient will power to say with Paul: "None of these things move me." Indeed, I know of no pre-

cept of which a pregnant woman has oftener need than this simple declaration of the inspired, common-sensed Paul. Considering the grave results which may follow yielding to these fits of depression, or hysteria, she must steel herself to all that she cannot correct, and say: "I will not be hurt by them, neither shall my unborn child suffer because of these things."

Two other mental conditions may really be classed among ailments of pregnancy, namely, longings and birthmarks, so called. When a woman desires what she cannot have, and makes herself miserable because she cannot get it, she has not proper self-control, and should set herself at once to cultivating it. If she desires an article of food that is not harmful and can easily obtain it, let her have it, as it may be a necessary call of the system that it will be well to supply. Longings, however, are usually for things that should not be indulged in, and the desire should be suppressed.

Birthmarks are more often than otherwise the result of natural causes, and not at all due to the incidents to which they are attributed. Further, when they are brought about by ac-

cidental experiences of the mother, the effect is the result of the mind dwelling upon the accident, and expecting some untoward effect upon the child. If the woman will at once quiet her mind by a strong effort of the will and by reasoning with herself determine that it shall have no ill effect upon her or her child, it will cease to trouble her and leave behind it nothing to be regretted.

Of the many other disturbances, which are often mentioned among ailments of pregnancy, we can simply say, what will relieve them when suffering at any other time will help them now. They are not incident to the condition, but occur as at any other time of life, and need the same treatment.

Toothache to-day need not be suffered as the teeth can be treated and filled without danger of untoward results.

Threatened miscarriage may well be classed among the ailments of pregnancy. It is well for all women in the early months of pregnancy to take especial care at the time when the menses would naturally appear, not to overexert in any way, as this is the time when miscarriages are most likely to occur. Any great indiscretion at this time may cause it,

and when once the habit is formed it is very difficult to carry a child past the habitual time of miscarrying. With each repetition of the misfortune, a little more of strength and vitality go and the woman becomes an invalid. One miscarriage is more disastrous to the health of a woman than any number of natural births, because one is contrary to nature's methods, while the other is in accord with them.

If at the monthly period a feeling of weight and discomfort is experienced, and pains which simulate menstrual colic, the woman should go at once to bed and remain there until she feels well again. Often a slight return of the monthly will appear for several months, but if great care be taken, it will amount to no more than the little effort to conform to the habit, which by care and quiet at this time will soon be overcome. If the symptoms are at all alarming the physician should be consulted at once.

Do not, I pray you, consider this a slight matter. In any event it is a serious thing and will tell upon the after health of the woman. Sometime she must suffer for it, if not before the menopause, then surely at that time.

CHAPTER IX

HEREDITY, PREDISPOSITION AND ENVIRONMENT

By heredity is understood all those traits and characteristics which a child receives from its ancestors, near or remote, and which were constituents of the parents' characters. By predisposition, the tendency toward a certain thing or line of development which is given the child by its parents, and which may not have been a characteristic of the parent, but one greatly admired or desired. By environment is meant everything which surrounds the child after its advent into the world.

Every woman should understand the vast possibilities which are within her reach for her child. Not only is its future shaped by the characteristics received from its remote ancestors, but as well by the predispositions entailed from its immediate relatives, and by the environment in which it finds itself in its early years. It is not too much to say that a woman

who understands the power and scope of these three great factors in the life of the children given her, may make them what she will. The mother who, when on her way to America, was asked what she was going to do there, answered, "Raise governors for them," realized her power and her ability as well. She was as good as her prophetic vision promised, for three of her sons were indeed governors. Not pride, but a determination to make of her children something worth while, actuated this mother, and with that in view she bore and reared sons that filled the high places she desired.

There is much yet in this great question that is not fully understood, but sufficient is known to prove that we may in large measure shape the generations to come, if we will. It is by a process of soil preparation, rooting out weeds, and seed planting that all this must be done, and to the patient, persistent worker wonderful things are possible. The great likeness to the families from which the children spring is unmistakably there, but the new life which comes in from the union of the father and mother puts into it new springs of being and other possibilities which have only to be

shaped by environment and training into things of perpetuity and endurance.

A study of the line of ancestors on both sides, would be a profitable investment of time for the parents, and then of the peculiar characteristics which mark their individual selves, their failings, which they would not see transmitted, their strong points which could be made stronger, their ambitions which they have from various causes been prevented from making realities in their own lives, but which they would like to see wrought out in the lives of their children—all these things should be matters of moment to the parents, who would make the most of their children.

Would such a study pay? Think what has been accomplished by the wise combination of strains in plant and animal life, and by the proper culture of these combinations, and the question is answered in as large measure as can be, when the differences between plant life, the lower animal, and the human family, are considered.

In the human family many complex elements unite in making the individual, namely, all the inheritances from a long line of ancestors, each of whom had his strong and weak

points; all the entailed possibilities of disease both physical and moral, all the deterioration which has come from crossing strains that should never have been united in marriage; and, added to all these, the faulty education which must in some way be set right. Considering all this, the question of inheritance in the human family offers a far more complex problem to be worked out, than heredity in lower animal and plant life.

For our present purpose we will consider the question of what a mother can do with and for her children when she is mated with the one whom she has chosen "for better or for worse." Back of this lies the parents' responsibility, to so train their children that their choices may be of the highest and best. To the young couple the study of themselves and the possibilities within their reach, how they can improve upon themselves and their ancestors, are the great questions. I would if I could, have young people go farther than this. I would have preparatory schools for all of marriageable age where I would have them become thoroughly familiar with the great questions briefly discussed in this chapter; then would I feel sure that they had the

alphabet of parenthood well learned, and that they would go on from this knowledge to better things. In only a few of our higher institutions of learning are those in charge awake to the importance of such training, and have regular classes in sexual physiology, where all who will may study and learn of themselves, and their possibilities for higher development in future generations.

Let me ask you, could a matter of culture be more noble than this? To improve self, that one's offspring may be ever grateful for their parentage. What line of study can develop the parents more surely and symmetrically? The highest and noblest in them is educated, while the lower and less noble is suppressed and allowed no growth.

Suppose you have not thought along these lines hitherto, it is not too late to begin now. What will you do for your children that are to come, and what can you do for the betterment of the environment of those who already gather about you for counsel and instruction? True, "as the twig is bent the tree is inclined," but by patient training many of the inclinations and predispositions may be changed, and the plant, whether human or

vegetable, may be cultured into a commendable erectness and growth.

It is a well conceded fact that the later children of any couple are as a rule the more promising, and why? Because they have the advantage of all their parents have learned in the training of the older ones, and of the mistakes corrected as they have learned better ways. In other words, the parents are stronger, and so give to the world stronger and brighter children.

The mother if she desires her child to have a predisposition in any direction, can by study and culture of herself give to it the possibility of great development along the required line, and by after culture and training lead the child on to high achievement in the chosen direction.

For the development of fine physical natures, why shall not we, like the Greeks, if we desire high mental attainment in our offspring, surround ourselves with those things which develop the mind, and expect as sure results as they secured? More than this, if there has been an unachieved ambition in higher training, you can put into your child's mind the purpose to attain it, and by encouragement

push him to its achievement. Is not this a knowledge worth gaining, an ambition worth living for? It is not enough that our children be as wise or as good as we, but better, wiser, or we will have done little toward the improvement of the race.

Are there characteristics inherited from ancestors more remote than father and mother, and do you know that for the development of these germs a certain culture is needed? Then if you do not desire these traits to develop do not give them the surroundings which will call them out and make them clamor for growth or opportunities for culture. Are there inherited tendencies which you would have developed, then not only hold them up for admiration, but put about your child the incentives to study and development in these things. In other words, in a wise way hold up their inheritances either to admiration or contempt as you would have them grow by contemplation or die from neglect. In heredity we bend the twig, in environment we break it, or incline it more and more toward the development of the family traits. Feed the strong inherited germs on their proper pabulum and they will grow, starve

them and they will die, or remain dormant.

A little child is so easily influenced that we can mold it into almost any form we choose and work for. Let us not forget this, but give to heredity and environment each its proper and due importance. Is it not within the reach of all parents to-day, with our public schools and colleges in almost every town, with books so cheap that they seem within the reach of all, with advantages that were wanting years ago now at our hands; does it not seem possible for all parents to give their children a start and onward push in almost any direction? True, this presupposes in the parents a love for these things, and so much of an understanding as is necessary to direct in the choices of their children. It presupposes a certain culture, whether of the schools or attained at home, it makes little difference, an upward look for themselves and those placed under their care, a pride that their children shall stand well in the community and the world at large. Look up, and your children will follow your eyes; look down, and they will do the same. Plain furnishings, if need be, always plain food, but with plenty

of good books and high companionship, and we may achieve great things. Such were the homes of many of our Puritan ancestors and these homes told in the lives of their children.

Finally. By far the large majority of children are shaped, not by a carefully laid out plan of birth and development, but by scraps of influence and circumstance, that makes them neither this nor that in any strong, forceful way, unless at some fortunate period of their early years a power takes hold of them in environment, or strong personality shapes them into purposeful characters fitted to do something for the race to which they belong. How much better for the parents to have the delight and glory of shaping and training their children into units of power and excellence rather than to feel that others outside the home have wakened their dormant impulses for good, and quickened them into development.

CHAPTER X

THE LYING IN CHAMBER

THE chamber chosen for the lying in should be the pleasantest in the house. It should be sunny, as large as possible, well aired, and neither too near nor too far away from the living rooms. When too far away, the occupant feels herself entirely shut out from the home life, and when too near she is disturbed by the trifling things that annoy the daily life of the family. There should be few unnecessary things in the room, as all extras need care and dusting, of which there should be as little as possible. The heavy furniture, a few pretty and restful pictures, the baby hamper and basket for sleeping, and a low rocker are all that are needed. Flowers and trifling things for variety can be brought in from day to day, and will furnish pleasant diversion for the lying in patient. The room should be at a pleasant living temperature, and a good hymn for daily use in the room is, "Let a

Little Sunshine In." Finally, ventilate, as air is the most necessary article of furniture in the lying in room. Open the window at the bottom and put a screen before it, or an excellent method, and one that insures against draughts, is this: Fit a piece of board, from six to eight inches wide, either into the top or bottom of the window frame, which lowers or raises the sash, and the air enters between the two in the middle.

The bed, preferably, should be a two-thirds iron bedstead, with a comfortable mattress, linen or cotton sheets and blankets. The blankets are easily washed if soiled, while quilts or comforts are more difficult to cleanse. The narrow bed is more convenient during the confinement, and in the after care of the patient.

In preparing the bed for the confinement a few directions are necessary. Over the mattress pin a square of oil-cloth, or preferably, rubber sheeting, as the oil-cloth has an unpleasant odor for some. This should be a yard and a half square, and pinned at each corner to the mattress with strong safety pins, to prevent wrinkling. A pin in the centre of each side is also needed to keep it quite

smooth. Over this is the sheet which must be well tucked in all around. Over this a second piece of rubber sheeting or oil-cloth, secured as the first, and over this the second sheet. This we term a double bed, and so prepared, the necessity of changing immediately after delivery is avoided.

For the coverings a sheet and one pair of light blankets are sufficient. After the child is born, the change in the bed and the toilet of the woman can be quickly and easily made, as all that is necessary for the bed is to unpin and draw out the upper sheet and rubber protector and it is fresh and clean without much inconvenience to the attendant or weariness to the mother. If she has been in the habit of wearing more than her night dress for the night, she will need a light summer vest on, and added to this a cotton gown. During labor this can be folded and pinned smoothly above the waist, that it may not be soiled or need change immediately. After the gown is secured, a sheet folded twice, forming nearly a square, should be pinned around the woman, and fastened at one side.

The breaking of the waters is usually a cause of alarm to a woman with her first baby, but

need not be. It is simply the breaking of the sack which has enclosed the child, and the escape of the waters in which it has been resting so cozily. By placing a large piece of old soft cloth directly under the patient a large part of the waters are absorbed and the bed saved so much. A bag of sterilized cheese-cloth, two feet square and filled with wheat bran, is also excellent for an absorbent, placed under the hips.

In the weeks before the confinement the woman can have prepared two or three dozens of napkins for herself. A piece of cheese-cloth eighteen inches long and ten wide is cut, and within this a piece of absorbent cotton, eight inches by six is placed, and the sides of the cheese-cloth folded over and secured. This makes a soft and antiseptic napkin. When they are all finished they may for greater security be baked for an hour or two in a moderately heated oven and tied up in a bag to be kept clean until needed.

There is no trouble in keeping the bed and room sweet and fresh all the time, if proper care is taken. The napkins should be changed often and the bed linen as well, and no odors will be retained in the room that should not be there.

Following the advent of the baby the mother must be spared company for several days. It is far easier to keep out all company than to limit the number of callers, hence say no to all. The admiration of the baby by the fond relatives, and the apprehensions of the mother lest it will not come up to their plans and specifications are a great cause of unrest and should not be allowed. After the getting up, there is time enough for the visits and the exchange of compliments and regrets.

To the women in whose homes the coming of a little one is no more a matter of comment than the spring house-cleaning and for the coming of which no more preparation is made, matters are different. Such a case I attended two days ago, and on my visit to-day several of the neighbors' children were in to see the newcomer, and I know not how many neighborly calls had been made beside. The only care-taker, other than my patient, was one of the seven older children kept home from school to do the bidding of the mother. Up to the very last she had done the work for the entire family, and at the birth of the eleven pound boy she did not utter a loud noise.

Do such perfectly normal births make it un-

necessary to write books of this character? Not at all. The mothers in such an environment are not moved by things that to a more shielded nature would be positively unbearable. For the women who desire to know all that they should to make themselves and their children the best possible, we cannot say too much, and to get such books into the hands of the masses as speedily as possible is the aim of all writers on this and kindred subjects. With keener appreciation and finer susceptibilities the children of these mothers will read and profit by these books, and their children will enjoy the blessing of their added knowledge.

For the comfort of the mother, all disturbing things should be kept from the "getting strong room," and she be left to the enjoyment of her baby undisturbed. In these days that are invaluable to her, she will dream high dreams for her little one, and build wonderful castles that she shall make realities for her darling. She will in the days that she lies there take a mental account of stock of her ability, her accomplishments, her failings, her possibilities for high achievement. She will give herself to improvement as she has never done before, for what an incentive she has for progress

now. She would not have her little one discover, before it can talk, or ever after, if she can help it, gross faults in its mother. Then how shall she guide the little untried feet up the steeps of life which she has herself learned a little to climb, and of which she shall learn more and more as her child grows. What plans and high purposes she has for her baby, none but her own heart and the dear Lord will ever know, and these dreams will come back to her many times to be strengthened, as she ministers to the wants of her child in the days to come.

The hours spent with her husband, in planning and thinking for the little one in these days, will be very precious to her, and profitable to them both.

CHAPTER XI

SIGNS OF PREGNANCY AND THE BIRTH

To EVERY young wife the question will come, "How may I know when I am indeed pregnant?" There are what are termed rational or presumptive signs, and sensible or positive signs. In the early months we have only the rational or presumptive signs, but since it can do no harm to make all our preparations and follow habits of living that would be best did we have the positive signs, it is safe for us to put them into practice at once.

The rational or presumptive signs are in evidence from the beginning, and are, first of all, cessation of the menses. When a married woman skips a monthly period, she may safely conclude that she is pregnant and make her plans accordingly. If following the cessation of the monthly, she after three weeks or more, is troubled with sickness in the morning, and a bloating of the abdomen, a tenderness of the breasts, and around the nipples a dark areola

appears, she has all the presumptive signs, and may feel as reasonably assured, as it is possible for her to be, that she is pregnant.

All these signs appear in the first half of the term. At any time from the sixteenth to the twentieth week quickening is felt, which is also one of the presumptive signs, although it is usually thought of as among the positive. The motion is so very slight at first that it may be easily simulated by a moving of gas in the bowels, and for this reason we class this among the presumptive signs. When however the movements persist and become more pronounced, it may be set down as a positive symptom, if all other presumptive signs are present.

Quickening may not at first be recognized by one who is in her first pregnancy, for the first motion is often so slight that it is either unnoticed or unrecognized. It may be little more than a faint throb, but when this is felt its repetition should be looked for, which will occur soon again and be each time more pronounced, and soon be so evident as to be unmistakable. By this time also the form has so changed that there is no reason any longer to be in doubt as to the condition.

The time of birth is reckoned from the appearance of the last monthly. From this date count backward three months or ahead nine months (which will bring the same result), and add seven days and you have what is deemed the probable time for the birth to take place. Why add seven days? Because the most probable time for conception to take place is soon after the cessation of the flow, which is in round numbers accomplished in seven days from its appearance. It is possible, however, for conception to occur immediately before the monthly and not arrest the flow at all or only in part. When this is the case the birth will occur nearly or quite two weeks before the other calculation. Again it may take place just before the following period, and hence be two weeks later than first calculated.

The duration of pregnancy is estimated usually as 280 days, though this may vary several days earlier or later. We name the period as nine calendar months or ten lunar months of twenty-eight days each. By any method of calculation one cannot always reckon the exact day upon which pregnancy will end, but can come approximately near it.

Sufficiently near to make all plans and preparations.

It quite frequently occurs that a woman menstruates once, and occasionally two or three times, after pregnancy has really begun. In such case it will be difficult to fix the date with any degree of certainty. She will do well then to make a careful note of the time of quickening, which she may reckon is about the middle of the period. Her increasing size will also be some little criterion, but too much cannot be assumed from this.

When this uncertainty exists it will be well to have two nurses in mind, lest in the failure of one, from other engagements, the expectant mother should be unprovided for. Following all the rules in the earlier chapter on Preparation for Motherhood, she can safely count on coming to the birth in a well and happy frame of mind and body, and pass throughout this entirely natural experience with safety and without a great amount of difficulty.

Let me repeat again, do not torture yourself with forebodings of evil, because you have heard of one or two cases which did not result as happily as was expected. These cases are the rare exceptions, and all women who are

well, and have prepared themselves properly, go through the ordeal safely and surely. Is there a larger proportion of safe transits through any other experience in life? Then why should a woman faint and lose courage? She certainly has no reason to.

Only those who can be cheerful and give courage should be allowed in the lying in room. Despondency has no place here and must not be permitted. Find a pretext for the banishment of all croakers or one who cannot go around with smiles, not tears.

At the time of labor only those who can be of assistance should be in the room. A Bible text comes to me this moment, that ought to be framed and hung in every room where the advent of a little one is expected, and should be thoroughly believed in by all. "In quietness and in confidence shall be your strength." Here as almost nowhere else can we claim this promise from the Maker of all souls.

The bowels should be kept in good condition, and as soon as indications show that labor is near, an enema or injection must be taken, and the lower bowels cleansed of all contents. Then no obstruction is offered by a full rectum.

Often about two weeks before your full time you may have pains that simulate labor pains, and which may be mistaken for them. They are usually fleeting in character, and have not the true regularity of labor pains. They may occur for several days in succession at about the same hour, and the patient, if she feels at all nervous, should have the physician called that her fears may be relieved. These pains are usually located in the back or low down in the groins, or may be shifting and changeable in their character like a nervous woman, and their cause is the same, irritated nerves.

Labor is divided into three distinct stages, the first of which is commonly denominated the getting-ready stage, that is, the contractions are opening the mouth of the womb and preparing it for the egress of the child. In a well-regulated labor this stage gives little trouble, save as the woman becomes apprehensive and nervous at the announcement that her child is about to be born. In quietness and confidence shall be your strength. Remember, that if you allow yourself to lose control of your nerves they will surely control you. A further comfort I have to give. In

these days of anæsthetics in labor, no woman has anything to dread. Do I always give it? No: for in many cases labor is so easy and rapid that there is no need or opportunity. In my last eight or ten cases I have given it but twice.

It is better during the first stage for the woman to keep about the house, and be occupied with some light work which will keep her mind from herself. If the pains are a little nagging and trying, a good, hot sitz bath will do wonders in quieting.

When there is the first inclination to bear downward in the pains, the second, or expulsive stage has begun. This, in the large majority of cases is soon over. A few steady bearing-down pains will bring the little stranger, and at the same time great happiness and rest to the patient, for are not all the bugbears she had conjured up a myth, and she a blessed mother?

The third stage is completed with the expulsion of the placenta, which is usually accomplished in from fifteen minutes to a half hour after the child is born. Then the mother's toilet may be made and she allowed to rest to her heart's content.

Now will be seen the convenience of having the bed prepared as already described, as the outer bed, or sheet and protective rubber, may be removed with little inconvenience to either patient or attendants. A glass of hot milk, or malted milk if the patient prefers it, may be administered and she is ready for a good sleep.

As soon as the mother is prepared for her rest, the nurse may turn to the baby. Should there be a room adjoining, which is sufficiently warm, the baby had better be taken to it, as the mother will be less disturbed. When it is dressed it can be shown to the mother if she is not already asleep, and she will rest with greater delight.

Now a word as to the propriety of giving anæsthetics in labor.

If there is a sphere for it in surgery, there surely is such a sphere in labor. I have never heard a woman physician or patient dissent from this, but I have heard one male physician discourse learnedly upon the lack of necessity for it, that since the Lord ordained suffering at this time, it was hardly right to attempt to mitigate it with anæsthetics, etc., etc. I have sometimes wondered if the opinion would be changed were the tables turned and he were

the sufferer. As I recall experiences, men are not generally as patient under real suffering as are most women.

As I have said in another chapter, I do not consider an anæsthetic always necessary, for many cases of labor are so normal and easy that no palliation is needed. Only in the second or expulsive stage is it best to administer it, as it will often retard the normal contractions of the first stage. When the second or expulsive stage is unusually prolonged and severe, it is but merciful to alleviate with enough of anæsthesia to deaden one to the sensitiveness of the pain.

The best method of administering it is to half fill a drinking glass with absorbent cotton, and drop a few drops of the anæsthetic upon it, and hand it to the patient, who can, as soon as she feels the advent of a pain, take several long, full breaths, and she will go through it with little knowledge of its severity. She may seem to be suffering all there is to suffer, but will declare after it is all over that she had a very easy time.

Where the woman has lived properly there is seldom reason for the administration of an anæsthetic, but we have to deal with women

who have not always lived as they should, or who have begun so late that time has not been sufficient to effect a full reform, hence the necessity of a helper in destroying the sensation of severe pain. In the better days which are coming, and are even now on the wing, when women shall have fully learned what nature if followed has in store for them, these things will not need to be given, save in extreme cases of deformity or abnormal development.

CHAPTER XII

BABY'S WARDROBE

WHENEVER I approach the subject of baby's clothes and think of directing in the preparation of the wardrobe, immediately the desire is uppermost to say all the tenderest and softest and finest things possible, and my mind runs riot in extravagance of quantity and quality in regard to the choosing and making the little garments that are to wrap the delicate mites of humanity. I find other writers on the subject have the same propensity, as was evidenced recently by an article in one of our most widely read periodicals. The writer recommended nearly two hundred pieces, fine, delicate and soft, as necessary in the wardrobe to be prepared, and I, as well as many *young* mothers, no doubt, stood appalled when I measured the requirements of the list with the length of many pocketbooks, and the possibilities of the laundresses.

When writing and reading in such a strain,

I immediately think of the mother of ten children, the eldest just seventeen, and of the wardrobes prepared for them. In the last two births in which I have attended her, the meagreness of the preparation was pitiful in the extreme. A dozen diapers of heavy canton flannel, three or four little coarse pinning blankets, two or three little home-made shirts, and perhaps four cheap outing flannel wrappers, composed the outfit. The seams were all on the inside and roughly finished, but all this did not prevent the babies from being fat, rosy, and healthy. I say this for the little mothers who must limit the expenses for their expected darlings. All that heart could wish is by no means necessary to the well-being of the little lives.

If you have time and money, dear mothers, it is very lovely to have all the pretty things you can well afford; but do not forget to be happy in the promise of your baby, even if the preparation for it must be meagre. It is the baby, not its clothes, which most concerns you, and the world, and its little, blinking self. Wrapped in an Indian blanket, or clothed in purple and fine linen, it is all the same to the baby, if it can but eat and sleep to its heart's

content, and its future is not based on the contents, much or little, of its baby hamper.

An elaborate wardrobe is not necessary, for the baby is not on exhibition for some months; and wrapped in its dainty flannels, clean and wholesome, it is pretty enough for all who desire to see it for its own sake. Had I hundreds of dollars to spend for my children's wardrobes, still a small amount should suffice.

First, the diapers. I have found for these a medium weight canton flannel the best, and all should not be made of the same size. There should be at least two sizes, the smaller for the tiny baby, and the larger for the child grown older. The smaller size should be about eighteen inches square, and will do nicely for inner diapers when more than one needs to be worn on occasion. Inside these can be folded a small piece of soft, old cotton or linen for the first few weeks, and in this way a great amount of washing can be saved, as the small pieces can be burned when soiled. The larger diapers, of which two dozens will not be an extravagant number, while one dozen will suffice for the others, will need to be of the width of the cloth, which comes about three-quarters of a yard wide. This

number will prove ample as one should never be used the second time without washing, and a change is always ready.

The little shirts can be bought for almost any price, from twenty-five cents upward. With careful washing, which should be in simply tepid water, and dried in an atmosphere as warm as the water to prevent shrinking, three will be a sufficient number to last the baby through until they are outgrown.

The pinning blankets I fashion from a square of flannel, or from the mixture of cotton and wool, or silk and wool, the latter two not shrinking as do all wool, and hence better for these garments which need such frequent washing. This is the simple pattern: Get the yard-square material, and cut from a square of it a corner, leaving a bias edge eighteen inches long, which should be faced with a bias piece of the flannel an inch or an inch and a half wide, turned over on the right side of the garment and catch-stitched down. This finishes a square with one corner cut off. The remaining sides should be turned over once on the right side and caught neatly down. The middle of the faced corner is pinned in the middle of the little shirt in the back, and the

two ends lapped and pinned in front. This leaves a smooth, ungathered surface in the back, and the corners lap over the tiny, red feet in front, and the lower corner will pin up enclosing the feet and legs in a smooth pocket, which is comfortable and snug. These when soiled can be easily changed, whereas a garment which goes over the shoulders and arms must necessitate the undressing of the baby when changing. These three garments, with the band and the flannel or outing flannel slip is all that will be needed for the first few weeks, making them comfortable for the night without changing entirely, as days and nights are the same to the little one. As much quiet and restfulness as possible is thus insured to the baby, who has made a great change from a decidedly tropical climate, to one of varying and changeable temperatures, and it should therefore not be exposed more than is necessary.

The bands are simply a piece of flannel not more than six inches wide, with the edge turned over once and catch-stitched down on the right side. Three or four of these are all that will be needed, as after the cord has dropped and healed there is no longer any

need for the bands. A half dozen of the soft outing flannel wrappers are ample, and they, trimmed with soft lace at the neck and sleeves, are dainty and neat.

All these garments may be fashioned of the finest and softest and costliest material, or made from the soft shaker or outing flannels of which there are so many pretty patterns.

A yard square of flannel hemmed, embroidered, or otherwise trimmed handsomely upon the edge, furnishes a blanket to wrap the baby in, to insure it from draughts. The crocheted or knit jackets will be needed later, and are sometimes preferred to the blankets at first. Remember the baby is to be made comfortable to eat and sleep, and further than this should be left quiet and in content for the first few weeks.

Later the soft unstarched linen-lawn slips and flannel skirts may be added to its dress. The simpler they are made about the neck and shoulders the more comfortable they are for the tiny wearer, hence as little trimming as possible is best. Instead of the lawn, wash silk can be used for the slips if desired; they are soft and pretty and need no trimming, save a finish of hemstitching at the bottom. The

length of these long clothes should not be more than three quarters of a yard from shoulder to hem.

The flannel skirts are best made in one piece, that is, the waist and skirt cut in one, and to insure equability of dress there should be sleeves made of the flannel. If however, one prefers to have the shoulders and arms covered with the jackets, for added warmth, of which admiring relatives usually furnish a sufficient number, then the waists of the flannel skirts may be made of muslin and the sleeves omitted. This garment and the dress an be slipped on together, thus saving the baby from unnecessary handling while being dressed. The feet should be always covered with the dainty wool socks, or if preferred, the wool stockings, as they cannot be sufficiently wrapped in the other garments to insure warmth. Remember all the time that the child has hitherto inhabited a tropical climate, and must gradually become accustomed to the temperate one in which he finds himself.

When the clothes are shortened, at least a dozen slips will be needed, unless laundering can be done oftener than once a week.

To-day in children's dress we have nearly reached perfection. Baby is dressed for comfort and healthfulness, and all that formerly made his days miserable, has been abolished. Tight bands, low-necked and short sleeved dresses are things of the past, and babies no doubt laugh inwardly at the change.

The cap and cloak are a necessary part of the outfit from the first, as it should be taken out daily, when a few weeks old. These may be simple and unadorned or of the elaborate garments which are found in the stores.

CHAPTER XIII

WHAT SHALL I DO FOR THE BABY?

THE wardrobe of our baby has been prepared long before he opens his eyes, and begins his career of ups and downs. In the mother's room is the hamper or baby basket, small or large as the case may be, filled with all that shall go to make it happy and contented, in so far as the outer covering can do this for baby or man. If its first trunk be one of several tills, in each there is a place for the various garments, and they always find their place, that the nurse or mother may waste no precious time in hunting for things when needed. In one side of the upper tray will be a place set aside for the wash cloths and tiny towels, which must be soft and smooth, for the baby has very delicate skin, and it cannot be treated harshly, if you would not be troubled with skin diseases by and by.

The First Toilet.—When the mother has been made comfortable after the advent of the

little stranger, then the nurse may turn her attention to the baby. Wrapped in the square of old flannel, soft and warm, as it was when it was severed from its mother, and laid away in some sheltered corner, it has had already a good rest, and will as a rule be happy in its first dressing. In the low rocker, with the large bath apron, which should be of wool and quite heavy, that later it may not wet through when the baby is wrapped in it as it is taken from its bath, with her basket at her side, a saucer of lard on the hearth warming, and a basin of water at hand, she is ready for the first dressing of the little one.

My babies are not treated to the harsh measure of a full bath in their first week, but are washed only where oil is not sufficient to remove the soil, and otherwise oiled with a soft cloth or bit of absorbent cotton dipped in the saucer of warm lard. Begin with the head and oil it well all over, when the cheesy substance, called vernix caseosa, can be rubbed off readily with a bit of old flannel. Grease well in all the folds and creases, if you do not want your baby to chafe in the days to come. No powder is necessary at this first bath or oiling, but will be needed later, of which the best is

borated talcum. This comes in boxes with perforated tops, that it may be easily dusted in places where needed. As you oil and rub clean one part, cover, that the child may be kept as warm as possible, and take kindly to its change. Many a baby has been spoiled for its baths ever after, by harshness and lack of consideration in the first weeks of its life. By tenderness and care the bath may be made a delight to both baby and its care-taker, who, to my mind, should always be the mother. No woman who has given over her babies to the care of hirelings, can know the sweetness of ministry to its growing wants, and the blessedness of feeling that to her it turns as a steel to a magnet in all its after days for comfort in its trials and for mothering, because it learned in its blessed first days of helplessness that it was mamma who made it happy and comfortable. Do you care, dear mother, to barter this nestling love, for the pleasures of society or for a few hours of ease daily? Many things can be well turned over to the nurse, but the things that hold your baby to you and make it look to you, and to you only, for its clinging, cuddling content and mother-love, can be bartered for no price, if in after

years you hope to retain it, "As one whom his mother comforteth," and not the nurse.

The cord is dressed by drawing the stump through a hole torn in a four inch square of absorbent cotton, which is then wrapped about it and turned up, and then we are ready for the band. For the first few days, or until the cord drops, the band is the strip of flannel previously described. This band should not be more than six inches wide and about eighteen long. This will be ample for the largest baby and can be wrapped around the smallest without hurt. I do not need to say to-day, that the band is not for the purpose of holding the baby together, as if the Creator had left a part of his fashioning for man to make good with girths and bands. No; the band is simply for keeping the dressing of the cord in place until the cord drops, and when this is accomplished the band has served its day, and should be laid aside for the next baby, or given to some other newcomer or expected one.

Some writers advocate the knitted band to follow the flannel, "That the child may be supported lest a hernia (breech) result from crying." When you can prove to me that the soft elastic knit thing called a band, can have

any power to hold the baby from breaking or tearing, and when you can convince me that there has been a lack of finish that makes a support necessary, I too will advocate the band after the cord has healed. This I mean for the rule, to which, as to all rules, there are exceptions. Occasionally it happens, that a baby from excessive crying, may so strain the muscles of the abdomen, that an umbilical hernia (a breach at or near the navel) may result. Where this is feared, a band of strong flannel, not the soft knitted thing, may be worn as long as necessary. When there is really a weak place at the navel, a wooden button mold an inch or an inch and a half in diameter, can be sewed between the band and a small piece of flannel on the inside, with the rounding part of the mold toward the baby. You will find some difficulty in keeping this in place, but it can be done fairly well by fastening the band to the diaper each time a change is made.

The little shirt is the next garment to be adjusted, then the diaper. Care should be exercised in adjusting the diaper, as there is danger of deformity if improperly done. If the diaper be too large, the quantity which is folded down between the little legs is very large, and

a spreading of the hips must result, which gives a bowed appearance to the legs. On the other hand if the diaper be pinned too tight the hips are drawn forward unduly and "knock knee" results.

The pinning blanket and the wrapper are all that the baby will need save the blanket, and the bootees or long socks, which are better. By all means the last-named garments must not be omitted, as the little legs are moving about so much, and are kicked out of the covers sufficiently to keep them anything but warm most of the time. Many colics are traceable to the omission of the bootees or socks.

For purposes of warmth, the knitted band is not out of place in the first weeks of the baby's life, especially if it makes its advent in the winter. Baby's needs can be summed up in a few words, and these, to eat, to be made comfortable, and to sleep.

From the first, the wise nurse or mother will accustom the baby to sleep through the night, from ten o'clock until five at least, and this insures a good night not only for the child, but for the mother as well. A little painstaking at the beginning will establish this habit in

the child, and insure a better natured baby, and a more rested mother. It needs firmness and decision on the part of the care-taker to fix this rule, but the care will pay, as it will be made up many times in the ease of the after attention needed by the little one.

The best cradle for the baby is one without rockers, a good clothes-basket serving the purpose admirably. This lined and padded inside, a hard pillow or folded pad for the mattress, a pair of small soft blankets and a light cover, will furnish it nicely. Hot water bottles can so easily be placed about the baby to supply needed warmth if the weather be cold or the tiny specimen of humanity be at all under tone, and the high sides are so sure a protection from all draughts, that the basket becomes an ideal resting-place, and the baby should be in it for a large part of the twenty-four hours of each day. Taken up at regular intervals to be made dry and comfortable and fed, and then returned to the bassinette, is the program for the ideal baby. But many babies are not ideal. The rule is, make them conform to right habits as far as possible, and if they do not take kindly to it at first they can be gradually coaxed into line.

If the baby is to be exhibited at all, let it be looked at in its bassinette, but do not allow it to be disturbed. Very much depends upon the habits of the child in its first days. If it be disturbed and irregular then, it will need weeks to adjust it to regular hours of eating and sleeping. While it has been quite scientifically demonstrated that babies can neither see nor hear in its first weeks, yet it is quite certain that it is highly susceptible to its surroundings, and can be taught many things which it must be made to forget in the weeks that follow, if there is to be comfort in the household.

When the mother has had her first sleep it is well to put the baby to the breast, as nature has provided the first milk as a laxative, and it should be administered quite early. Once in two hours the child should be fed for its first two months, and then time lengthened a half hour each month until the growing child is upon three meals a day.

If it cannot be nursed, the matter is one which no book can settle, as the food chosen must be suited to the individual baby (and they are early very marked individuals). Do not depend upon the say-so of any old wife or neighbor in so important a matter as the proper

food for your child, but go to your physician at once and follow directions carefully. In the multiplicity of excellently prepared foods to-day, it is not a thing impossible to find one which will be suited to every child.

THE END

Pure Books on Avoided Subjects

Books for Men

By Sylvanus Stall, D. D.

"What a Young Boy Ought to Know."
"What a Young Man Ought to Know."
"What a Young Husband Ought to Know."
"What a Man of 45 Ought to Know."

Books for Women

By Mrs. Mary Wood-Allen, M. D.,
And Mrs. Emma F. A. Drake, M. D.

"What a Young Girl Ought to Know."
"What a Young Woman Ought to Know."
"What a Young Wife Ought to Know."
"What a Woman of 45 Ought to Know."

PRICE AND BINDING

The books are issued in uniform size and but one style of binding, and sell in America at $1, in Great Britian at 4s., net, per copy, post free, whether sold singly or in sets.

PUBLISHED BY

IN THE UNITED STATES

THE VIR PUBLISHING COMPANY
1134 Real Estate Trust Building Philadelphia

IN ENGLAND

THE VIR PUBLISHING COMPANY
7 Imperial Arcade, Ludgate Circus, London, E.C.

IN CANADA

WILLIAM BRIGGS
29-33 Richmond Street West Toronto, Ontario

"What a Young Girl Ought to Know."

BY MRS. MARY WOOD-ALLEN, M. D.

Condensed Table of Contents

PART I

The origin of life—One plan in all forms of life—How plants grow from the seed—They feed on the soil, grow and mature—How the plant reproduces itself—The flower, the pollen, the pod, the seed—The office of bees and insects in fertilization.

PART II

Fishes and their young—The parent fishes and the baby fishes—The seeds of plants and eggs of fishes, birds and animals—How fishes never know their baby offspring—Warm blooded animals—Lessons from birds —Their nests, eggs and little ones.

PART III

Animals and their young—The place which God has prepared for their young—Beginning their independent life—Human babies the most helpless and dependent of all creatures—The relations of parent and child—The child a part of each parent—Heredity and its lessons.

PART IV

The value of good health—The care of the body—The body a temple to be kept holy—Girls should receive their instruction from their mothers—The body the garment which the soul wears—Effects of thoughts upon life and character—Value of good companions, good books and good influences—What it is to become a woman.

Price { $1.00 / 4 s. } **net, per copy**

"What a Young Girl Ought to Know"

WHAT EMINENT PEOPLE SAY

Francis E. Willard, LL.D.

"I do earnestly hope that this book, founded on a strictly scientific but not forgetting a strong ethical basis, may be well known and widely read by the dear girls in their teens and the young women in their homes."

Mrs. Elizabeth B. Grannis

"These facts ought to be judiciously brought to the intelligence of every child whenever it asks questions concerning its own origin."

Mrs. Harriet Lincoln Coolidge

"It is a book that mothers and daughters ought to own."

Mrs. Katharine L. Stevenson

"The book is strong, direct, pure, as healthy as a breeze from the mountain-top."

Mrs. Isabelle MacDonald Alden, "Pansy"

"It is just the book needed to teach what most people do not know how to teach, being scientific, simple and plain-spoken, yet delicate."

Miss Grace H. Dodge

"I know of no one who writes or speaks on these great subjects with more womanly touch than Mrs. Wood-Allen, nor with deeper reverence. When I listen to her I feel that she has been inspired by a Higher Power."

Ira D. Sankey

"Every mother in the land that has a daughter should secure for her a copy of "What a Young Girl Ought to Know." It will save the world untold sorrow."

"What a Young Woman Ought to Know."

BY MRS. MARY WOOD-ALLEN, M. D.

Condensed Table of Contents

PART I

CHILDHOOD AND GROWTH

Woman's worth—Importance of care of the body—How to obtain health—Waste and repair—Questions of food—Importance of rest in sleep—The office and importance of correct breathing—Injuries from tight clothing—Physical culture—Exercise and recreation—The value of the bath.

PART II

WOMANHOOD

The endowment of new powers—The conferring of life—Brain building and character formation—Soul and self—Special physiology—Woman's special bodily endowments—The crisis in the girl's life—Ovulation and menstruation—Their significance—Causes and cures of disturbed physical conditions—Painful periods and displacements—Special care of health at special times—Many healthful suggestions suited to the physical needs of young women—Secret vice and its consequences—The relation of pure young women to young men—Friendships.

PART III

What is love—Should include mental conjugality, spiritual sympathy and physical attraction—Responsibility in marriage—Antecedents, talents and habits of young man—The law of heredity—Beneficial—Effects of stimulants upon offspring—Inherited effects of immorality—Good characteristics also transmitted—Requisites in a husband—Engagements—Benefits of, evils of—Holding to the highest ideals—Weddings—Gifts, tours and realities of life.

Price { $1.00 / 4 s. } net, per copy, post free

"What a Young Woman Ought to Know"

WHAT EMINENT PEOPLE SAY

Lady Henry Somerset

"An extremely valuable book, and I wish that it may be widely circulated."

Mrs. Laura Ormiston Chant

"The book ought to be in the hands of every girl on her fifteenth birthday, as a safe guide and teacher along the difficult path of womanhood."

Margaret Warner Morley

"There is an awful need for the book, and it does what it has undertaken to do better than anything of the kind I ever read."

Mrs. May Wright Sewall

"I am profoundly grateful that a subject of such information to young woman should be treated in a manner at once so noble and so delicate."

Elizabeth Cady Stanton

"It is a grave mistake for parents to try to keep their children ignorant of the very questions on which they should have scientific information."

Lillian M. N. Stevens

"There is a great need of carefully, delicately written books upon the subjects treated in this series. I am gratefully glad that the author has succeeded so well, and I trust great and enduring good will be the result."

Mrs. Matilda B. Carse

"It is pure and instructive on the delicate subjects that mean so much to our daughters, to their future as homekeepers, wives and mothers, and to the future generations."

"What a Young Wife Ought to Know."

BY MRS. EMMA F. A. DRAKE, M. D.

Condensed Table of Contents

HUSBAND AND HOME

The choice of a husband—One worthy of both love and respect—Real characteristics necessary—Purity vs. "wild oats"—What shall a young wife expect to be to her husband?—His equal, but not his counterpart—His helpmeet Wifehood and motherhood—Should keep pace with his mental growth—Trousseau and wedding presents—The foolish and ruinous display at weddings—Wedding presents and unhappiness—Wise choice of furniture—The best adornments for the home.

THE MARITAL RELATIONS

The marital state should be the most holy of sanctuaries—Its influence upon character—Modesty—Reproduction the primal purpose—Love's highest plane—The right and wrong of marriage—The wrongdoings of good men.

PARENTHOOD

Preparation for motherhood—Motherhood the glory of womanhood—Maternity productive of health—Clothing—Exercise—Baths, etc., etc.—The child the expression of the mother's thoughts—The five stages of prenatal culture.

PREPARATION FOR FATHERHOOD

Questions which test the fitness of young men for marriage—Many young men of startling worth—Effects of bad morals and wayward habits—Tobacco and Alcoholics—Attaining the best—The father reproduced in his children.

ANTENATAL INFANTICIDE

The moral responsibility of parents in heredity—The mother's investment of moulding power-Parents workers together with God—Ailments during expectant motherhood—Maternity a normal state—Development of the fœtus—Minuteness of the germ of human life—Changes which take place—Life present the moment conception takes place—The sin of tampering with the work of the Infinite.

THE LITTLE ONE

Baby's wardrobe—The question that comes with fluttering signs of life—Importance of wise choice of material and style of dress—Choice of physician and nurse of real consequence—The birth chamber—Surroundings and after-care of the mother—The care of the baby—The responsibilities and joys of motherhood—The mother the baby's teacher—Common ailments of children and how to treat them—Guarding against vice—The training of children—Body building—Helps for mothers.

Price, { $1.00 / 4 s. } net, post free.

"What a Young Wife Ought to Know"

WHAT EMINENT PEOPLE SAY

Mrs. Margaret E. Sangster

"Joyfully I send you my unqualified endorsement of the excellent book, 'What a Young Wife Ought to Know.' I wish every young and perplexed wife might read its pages."

Mrs. Booker T. Washington

"I spent yesterday and last night reading your book and I wish to say that I consider this book a useful friend to every young woman."

Charles H. Parkhurst, D. D.

"It handles delicate matters in a manner as firm as it is delicate, and dignifies even what is common by the purity of the sentiment and nobility of intent with which it is treated."

Marietta Holly (Josiah Allen's Wife)

"It is an excellent book; if every young wife of to-day would read it and lay its lessons to heart it would make the to-morrow much easier and happier for all of Eve's daughters."

W. G. Sperry, M. D.

"Young wives, for whom this book is intended, will receive great benefits from heeding its wise words. It is good for incitement, guidance, restraint."

Mrs. Joseph Cook

"It illuminates the Holy of Holies in the most sacred of earthly relationships with the white light of truth and purity."

Julia Holmes Smith, M. D.

"Be sure Dr. Drake's book is part of your daughter's outfit. I have never read anything which so thoroughly met the use it was designed for as this volume.

J. P. Sutherland, M. D.

"A subject difficult to treat has been handled by Dr. Drake with delicacy, earnestuess and straightforwardness. It is a practical book destined to do good."

"What a Woman of Forty-five Ought to Know."

BY MRS. EMMA F. A. DRAKE, M. D.

Condensed Table of Contents

KNOWLEDGE OF CLIMACTERIC NECESSARY

Why women are not prepared to meet the climacteric—The fear that unnerves many—Error of views concerning "Change of Life"—Correct teaching stated—Influence of medical literature—Three periods in a woman's life—Relation of early habits to later aches and ills—The menopause—Conditions which influence the period of the climacteric—The age at which it usually appears—Effects of heredity—Childless women—Mothers of large families—Effects of different occupations—Excesses.

HERALDS OF CHANGE—DISEASES AND REMEDIES

Mental states during menopause—Change in blood currents—Flushes, chilliness, dizziness, etc.—Nervous symptoms—Disturbed mental and nervous equilibriums—Nature as woman's helper—Troublesome ailments—Mental troubles considered—Suggested help—Cancer—Benefits named—Apprehensions dispelled—How to banish worry—Simplifying daily duty—An eminent physician's prescription—A word to single women—Reluctance of unmarried women to meet the menopause—How to prolong one's youth—Dress during this period—The mother "At Sea"—Guarding against becoming gloomy—Effects of patent medicine advertising—Drug fiends—Lustful indulgence.

WHAT BOTH HUSBAND AND WIFE SHOULD REMEMBER

Slights and inattentions keenly felt by her—Need of patience—A word of private counsel—Value of little attentions—Wife's duty to her husband—Holding husband's affections—Making home attractive—Unselfishness.

AUTO-SUGGESTION AND OTHER SUGGESTIONS

Influence of mind over body—The mind as a curative agent—How to rise out of depression—Mental philosophy and physical betterment—Relation of health to sight—Care of the teeth—The hair—Constipation—Self cure—Choice of foods—Exercise—Physical development—Exercise of mind and soul.

Price, { $1.00 / 4s. } net, post free.

"What a Woman of Forty-Five Ought to Know"

PRAISED BY THE PRESS

"Will dispell apprehensions aroused by groundless forebodings."—*Reformed Church Messenger.*

"If the hygienic advice in this book is followed it will lengthen the lives of women and make their closing years the happiest and most useful of all."—*Herald and Presbyter.*

"In no line of literature, perhaps, is such a book so much needed."—*New Haven Leader.*

"Those who peruse the book only from prurient curiosity will be disappointed."—*Cleveland World.*

"Should be read by every woman nearing and passing middle life."—*Pittsburg Gazette.*

"Written in that wholesome sympathetic manner characteristic of all the books in the Self and Sex Series."—*Cleveland Daily World.*

"Full of most admirable practical advice and it is written in a sympathetic manner which is the outcome of oneness of sex between the author and those whom she addresses."—*Syracuse Herald.*

"There are some things that a woman of forty-five does not know—things which she regards with more or less terror in the expectation—which terror it is the object of Mrs. Drake to dispel."—*Rochester Herald.*

"There is nothing in the book that could not be proclaimed from the house-tops, and there is everything in it that intelligent and thoughtful women should read and keep for their daughters to read when the proper time comes.—*Newark Daily Advertiser.*

"What a Young Boy Ought to Know."

BY SYLVANUS STALL, D. D.

Condensed Table of Contents

PART I.

God's purpose in endowing plants, animals and man with reproductive power—The question of the origin of life a natural and proper one—Difference between creating and making—How God now creates or reproduces the flowers, insects, fishes and animals—The mamma and papa plants and the baby plants—The mamma and papa nature in the stalk of corn—The two natures united in the same flower—Separated in other plants—The office of the wind and insects in fertilizing the flowers—The mamma and papa natures united in the same oyster—The life of the baby oyster—The two natures separated in the fishes—The eggs and the baby fishes—How seeds are made to grow and how eggs are hatched—The beautiful lives of parent birds—The bird's nest, the eggs and the baby birds—Why the eggs of animals may not be exposed in a nest—The nest which God has prepared for them—The hatching of the egg or the birth of the animal—The creation of Adam and Eve—God created man with power similar to his creative power—The purity of parentage.

PART II

The manner in which the reproductive organs are injured in boys by abuse—Comparative anatomy, or points of resemblance between bodies of birds, animals and man—Man the only animal with a perfect hand—With the hand he constructs, builds and blesses—With the hand he smites, slays and injures others, and degrades himself.

PART III

The consequences in boys of the abuse of the reproductive organs—Need of proper information—The moral effects first to manifest themselves—How secret sin affects the character of boys—Effects upon the body and the nerves—Effects upon the brain and mind—The physical effects that follow.

PARTS IV and V

How boys may preserve their bodies in purity and strength—Our duty to aid others to avoid pernicious habits, and to retain or regain their purity and strength.

PARTS VI and VII

How purity and strength may be measurably regained—The age of adolescence or puberty and its attendant changes—Its significance and its dangers.

Price, { $1.00 / 4 s. } net, post free

"What a Young Boy Ought to Know"

For Boys under Sixteen Years of Age

WHAT EMINENT PEOPLE SAY

Theodore L. Cuyler, D.D.

"'What a Young Boy Ought to Know' ought to be in every home where there is a boy."

Lady Henry Somerset

"Calculated to do an immense amount of good. I sincerely hope it may find its way to many homes."

Joseph Cook, D.D., LL.D.

"It is everywhere suggestive, inspiring and strategic in a degree, as I think, not hitherto matched in literature of its class."

Charles L. Thompson, D.D.

"Why was not this book written centuries ago?"

Anthony Comstock

"It lifts the mind and thoughts upon a high and lofty plane upon delicate subjects."

Edward W. Bok

"It has appealed to me in a way which no other book of its kind has."

Bishop John H. Vincent, D.D., LL.D.

"You have handled with great delicacy and wisdom an exceedingly difficult subject."

John Willis Baer

"I feel confident that it can do great good, and I mean that my boys shall have the contents placed before them."

Mrs. Mary A. Livermore, LL.D.

"Full of physiological truths, which all children ought to know, at a proper age; will be read by boys without awakening a prurient thought."

Josiah Strong, D.D.

"A foolish and culpable silence on the part of most parents leaves their children to learn, too often from vicious companions, sacred truth in an unhallowed way."

"What a Young Man Ought to Know."

BY SYLVANUS STALL, D. D.

Condensed Table of Contents

STRENGTH

The value of physical strength—the weak man handicapped—Three-fold nature of man—Relation of the physical, intellectual and moral—Impair one, you injure all—The physical foundation—Man's strong sexual nature—Sexuality strongly marked in all great men—Importance of manly mastery of sexual nature—Personal purity—Only one moral standard for men and women.

WEAKNESS

Inherited weakness—How overcome—Acquired weakness—How produced—The effects of secret vice—What should be done—Losses in sleep—When to consult a physician—Danger from quacks and charlatans—What are normal and abnormal losses—Medical authorities quoted—Subject illustrated—Important directions.

SOCIAL VICE

Alarming ignorance concerning the diseases which accompany vice—Why physicians do not acquaint their patients with the nature of these diseases—The prevalence—All forms of venereal diseases leave terrible results—Character and consequences of gonorrhœa—Later complications—Chordee, stricture, blindness, etc.—How healthy brides become early and permanent invalids—Chancroid and chancre—The primary, secondary and tertiary forms of syphilis—The beginning, progress and end—Can it ever be cured—May the man ever marry—Effects upon wife and children.

THE REPRODUCTIVE ORGANS

Their purpose and prostitution—Marriage a great blessing—Difference between creation and procreation—All life from the seed or the egg—The reproduction of plants, fishes, birds and animals contrasted—An interesting study.

MAN'S RELATION TO WOMAN

Importance of a right relation to women—The nature of marriage—The friends and foes of marriage—Who should not marry—The selection of a wife—Some general rules—Importance of great caution—Causes of unhappiness in married life—Early and late marriages.

HINDRANCES AND HELPS

The choice of companions, books, pictures, amusements, recreations—Liquors and tobacco—Self-mastery—Right aim in life—Industry, early rising—The influence of an ennobling affection—Education—The Sabbath, the Church and the Bible.

Price { $1.00 / 4 s. } net, per copy, post free

"What a Young Man Ought to Know"

WHAT EMINENT PEOPLE SAY

Francis E. Clark, D. D.

"It is written reverently but very plainly, and I believe will save a multitude of young men from evils unspeakable."

John Clifford, D. D.

"One of the best books for dawning manhood that has fallen into my hands. It goes to the roots of human living. It is thoroughly manly."

J. Wilbur Chapman, D. D.

"I bear willing testimony that I believe this book ought to be in the hands of every young man in this country."

Paul F. Munde, M. D., LL. D.

Professor of Gynæcology in the New York Polyclinic and at Dartmouth College.

"I most heartily commend not only the principle but the execution of what it aims to teach."

The Right Rev. William N. McVickar, D. D.

"I heartily endorse and recommend 'What a Young Man Ought to Know.' I believe that it strikes at the very root of matters."

Ethelbert D. Warfield, LL. D.

"The subject is one of the utmost personal and social importance, and hitherto has not been treated, so far as I am aware, in such a way as to merit the commendation of the Christian public.

Frank W. Ober

"It will save many a young fellow from the blast and blight of a befouled manhood, wrecked by the wretched blunderings of an ignorant youth."

Frederick Anthony Atkins

"Such books as yours have long been needed, and if they had appeared sooner many a social wreck, whose fall was due to ignorance, might have been saved."

"What a Young Husband Ought to Know."

BY SYLVANUS STALL, D. D.

Condensed Table of Contents

PART I

WHAT HE OUGHT TO KNOW CONCERNING HIMSELF

The true foundation for happiness in married life—Physical, intellectual and sexual differences between men and women—Each complemental to the other, and complete only when mated—The three theories regarding coition—The correct theory—The physical cost of procreation—Illustrated in insects, animals and man—What is excess—Effects of marital continence—The husband's duty to his wife—Physical defects and deficiencies of husband or wife—Misery entailed by vice—Effects upon wife—Upon children—Purity and fidelity.

PART II

WHAT HE OUGHT TO KNOW CONCERNING HIS WIFE

I THE BRIDE

Marriage the most trying event in a woman's life—Earliest mistake which most young husbands make—Few intelligent guardians of their brides—Threefold classification of women—Causes of differences.

II THE WIFE

Her manifold duties as wife, mother and housekeeper—God has fitted her for her sphere—The mother-nature—Barrenness and sterility—Physical, social, intellectual and moral benefits of motherhood and fatherhood—Aversion and evasion—God's purpose in marriage—Limitation of offspring—Marital excess—The wrongs which wives suffer because of ignorant and unthinking husbands—Repellant periods in the life of woman.

III THE MOTHER

Purposed and prepared parenthood—Conception—The marvels of fœtal life and growth—Changes during the months of gestation—The husband's duty to wife and offspring—What the wife has a right to expect before and during confinement—Ignorant, unthinking and unsympathetic husbands—The child in the home—Real life and genuine happiness—The mother while nursing—Protection of child from impure nurses.

PART III

WHAT HE OUGHT TO KNOW CONCERNING HIS CHILDREN

Heredity—Prenatal influences—Physical conditions prior to and at conception—Stirpiculture—Essentials of seed, soil and care—"Longings," markings, etc.—Can sex of offspring be governed—Cause of idiocy—Blindness, etc.—The right to be well-born—Parental discipline during first two years—Duties during childhood—Nursery influences—Honest answers to honest inquiries—How to secure purity in thought and life of children.

Price { $1.00 / 4 s. } **net, per copy**

"What a Man of Forty-five Ought to Know."

BY SYLVANUS STALL, D. D.

Condensed Table of Contents

PART I

WHAT HE OUGHT TO KNOW CONCERNING HIMSELF

Prevalent ignorance concerning physical changes in men of middle-life—Sad results of such ignorance—Reasons for change—Evidences of these changes—Husband and wife constitute a reproductive unit—The two natures responsive in activity and repose—Somewhat similar changes in both—The age at which climacteric or "change of life" occurs in men—Climacteric and adolescence contrasted—The testimony of medical men to the fact—Only young men need the testimonials of authorities—Old men know it—Compensations which follow the sexual hush—Physical and mental effects—Changes more gradual than in women—Many men intellectually at their best after sexual hush—To them time and experience open their richest treasures—Moderation in all things enjoined—Sexual moderation emphasized—Virility, how destroyed, how preserved—Effects of exercise, food, stimulants, sleep, employment, etc.—Functional disorders—Benefit of intelligence—Enlargement of the prostate gland—Manifestations, cause and precautionary measures—The marriage of men of middle life—Physical unfitness and effects—Rights of the unborn—The years beyond—The man at forty determines what the man at eighty shall be—Value of purpose to keep strong and bright—Examples.

PART II

WHAT HE OUGHT TO KNOW CONCERNING HIS WIFE

Reproduction the primal purpose of marriage—Attractive and repellent periods in life of woman—Climacteric or change of life the most repellent period—Disappearance of menstruation only an outward manifestation—The phenomenon explained—Reasons for change made plain—Not a period of stress for all women—How to meet the menopause—Occupation, diet, fresh air, exercise, sleep, companionship, sexual repose, etc., etc.—Mortality and insanity greater among men—The aches and ills which attend the menopause—Aversion to husband, children and friends—Physical changes which attend and follow change of life in women—Modified sexual nature—Growths—Mental changes and conditions—Need of intelligence upon the part of husband and others.

Price { $1.00 / 4 s. } **net, post free**

"What a Man of Forty-five Ought to Know"

PRAISED BY THE PRESS

"We do not hesitate to recommend."—*Experience.*

"A reliable and instructive guide in sexual matters and yet pure and chaste in style."—*Journal of Dermatology.*

"Information of vital importance."—*Pittsburgh Christian Advocate.*

"Written in an honest, frank and fearless way."—*Christian Standard.*

"It is a clean book which one should sit down to alone."—*The Evangelist.*

"These books deserve to be circulated by the million."—*Leslie's Weekly.*

"To many men the guidance of this book will be a timely benediction."—*Chicago Appeal.*

"The utterance of one who has an accurate knowledge of men."—*Brooklyn Citizen.*

"It is a helpful book and in all important particulars sound in its medical statements."—*Baltimore Sun.*

"This book is recommendable not only to the intelligent layman to read himself and hand to others, but also to the physician, who ought to welcome it as a means to refresh an important part of his physiologic knowledge."—*Alkaloidal Clinic.*

"A man who is a fool at forty-five (and there are many of them) is pretty hard to manage. There are certain things which he ought to know without being told, but it is difficult to teach him these things. He needs reasoning with and plain talking to. This book does it in a healthy, elevating manner. These cases are often very troublesome to the physician. It would be well to have this book handy to lend to such patients. This course will help the physician to manage his patient and help the patient. This book will do much good. There has been a need for just such a work."—*Medical World.*

25.A.474.
Maternity without suffering 1902
Countway Library BDV8483
3 2044 045 535 853

CALL (617) 432-2136 TO RENEW
HAVE READY
AND BA BOOK

25.A.474.
Maternity without suffering 1902
Countway Library BDV8483
3 2044 045 535 853